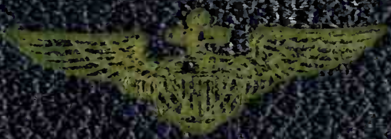
FOOTBALL



AVIATION TRAINING DIVISION
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
UNITED STATES NAVY

Anderson

FOOTBALL

The Naval Aviation Physical Training Manuals

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HAND-TO-HAND COMBAT

BOXING

WRESTLING

FOOTBALL

SOCCER

BASKETBALL

GYMNASTICS AND TUMBLING

SWIMMING

MASS EXERCISE, GAMES, TESTS

THE SPORTS PROGRAM

LABOR ENGINEERING

MILITARY TRACK

★

The Naval Aviation Physical Training Manuals

FOOTBALL

Issued by the
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U. S. NAVY

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Preface

SPORTS are used as a training device in the physical training program for Naval Aviation just as mathematics and physics are taught in the academic courses and ordnance and gunnery are employed in the military education of cadets. Physical training was made an integral part of the training plan and is continued progressively throughout the entire training of aviation cadets. Successful coaches were commissioned so that the Navy might have the best instruction available.

Each sport has definite objectives of its own, and, in addition, contributes to the over-all aims and purposes of Naval Aviation training. In such a program it is natural that at times experience may show better means of achieving the desired objectives. Initially, syllabi were prepared by the newly commissioned athletic officers to serve as guides in conducting the various sports and activities. While adhering closely to the original plans, the experience gained in teaching thousands of cadets in varying circumstances, has been a valuable supplement to the physical training program. The basic features of the original program, plus the results of a year of training, are now published in this series, The Naval Aviation Physical Training Manuals. These manuals have been prepared by and for the officers in charge of the physical training of Naval Aviation personnel.

In any consideration of the use of these manuals, it is important to understand that in the Naval Aviation program, sports are not used for their own sake or for recreational purposes. The competitive sports embodied in this program were selected for what they contribute to the development of desirable characteristics in the aviation cadet. It is for this reason that the books are unlike other sports publications. The manuals consider sports in the military training sense, in their conditioning values, both mental and physical.

The daily story of the war emphasizes again and again the fact that we are facing enemies who are careless of life because they are so steeped in a fanatical nationalism. The common rules of war mean nothing to a desperate enemy. It is our duty to train the cadets to be superior to that enemy, mentally and physically. Rigorous, tough, competitive sports offer an excellent medium to fulfill this mission. Records have proven that mental improvement of the cadets goes hand in hand with better physical condition.

It is the duty of each athletic officer, through observation and through the study of these manuals, to familiarize himself with all the sports and activities in this training program. At any time he may be assigned to instruct in any sport or he may be designated to administer a complete physical training program.

This manual has been prepared by the officers in charge of the instruction of Football in Naval Aviation.

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October, 1943

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Introduction

FOOTBALL is used in the Naval Aviation Physical Training Program because there are certain qualities desirable in an aviator which can be developed through the medium of this sport. They are: aggressiveness (physical and mental), physical fitness, coordination, alertness, discipline, teamwork and toughness.

Like the other sports in the Naval Aviation program, football reaches its height at the Pre-Flight Schools where instruction in the sport is given to all cadets. When the instruction period is completed, the cadet may compete on his squadron team in football or the other sports as he may desire.

The outstanding players on the squadron teams qualify for membership on the varsity unit. The varsity squads at the Pre-Flight schools play outstanding college and service teams.

The fundamentals of football are presented in this manual in order to aid officers in teaching the sport to cadets in the Naval Aviation Physical Training Program. Realizing that there are many variations in style of play and aware of the fact that some systems of play have been used advantageously because members of the team have been well adapted to the systems which were employed, this manual has endeavored to incorporate herein techniques which are at the basis of practically all systems. In using this manual it is well to realize that the purpose of the publication dictates to some degree the style of the material. Since many of the cadets have had no previous football experience it is necessary to use this book as a primer for them. Since others may have had advanced training in football, it may appear that the fundamental concepts of the game are not meant for them. Yet this manual contains the experiences and knowledge of many officers who, as civilians, coached football teams throughout the nation and thus it may be used to advantage in teaching even those who have played a considerable amount of football.

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FOOTBALL

PART I

Introduction

CHAPTER I

A Brief History of Football

For most Americans the term "football" means American Intercollegiate Football, a development of the old game of Rugby introduced from England about 1870. However the game itself dates back to long before the Christian era, specific mention being made of a game of ball in Homer's Odyssey. Harpastum was a favorite game of the Spartans and the Athenians and it was played upon a rectangular field marked with side lines, goal lines and center line. As early as 177 A.D. a book was written about the game by Julius Pollux, an Egyptian who dedicated it to Emperor Commodus. The game was extremely popular among the Lacedaemonions, Romans and Florentines also; although its popularity rose and fell through the ages, the game never entirely disappeared at any time.

The Romans passed the game on to the Britons early in the Twelfth Century but edicts by English Kings went out against it in the 14th and 15th centuries. It is interesting to note that despite edicts forbidding the game its popularity was not stamped out and it was continually played in the streets and on the commons as noted in Samuel Pepys' diary. By 1800 the game was adopted by English schools and Universities as "Quite the leading sport." About 1850 an Association was formed in England in order to harmonize the various types of games being played in different sections of the country, but not until the Rugby Union was formed in 1871 were definite rules enacted.

Football was not played in America to any extent until about 1870. The game in this country was unlike anything prevailing in other countries but had some of the characteristics of the Association game. Rugby was introduced to Harvard by the Canadians in 1875 and in the same year Harvard played Yale in a game under rules set up by representatives of the two Universities who tried to harmonize the Association and Rugby games. This was not satisfactory and in 1876 Rugby Union rules were accepted. The popularity of the game increased greatly.

The English Rugby game is essentially a kicking and passing game somewhat like a combination of basketball and American football. However in America there was no tradition and few established rules so the rules were changed with popular demand until the game became largely a matter of advancing the ball by aid of "interference" furnished by teammates of the man carrying the ball. The development of the game into a science with full opportunity for strategy appealed to football coaches and they are constantly devising new stratagems and evolving unusual and surprising plays.

One of the greatest changes in the game was brought about by the Flying Wedge, an extremely popular play but one which resulted in many serious injuries and the reaction of the public against this mass play was strong. The Rules Committee then set up rules to free the game of unnecessary roughness and to improve its good points. From 1906 when the forward pass was introduced into American Football (though the forward pass was a feature of the Roman game Harpastum played 2500 years ago and from which play the game took its name) came a quick succession of rule changes. The seven man line, halves changed to quarters, ball carrier running unassisted, and other changes opened the game up and not only added safety measures but increased spectator interest.

The American game is a distinct development of Americans and no longer closely resembles the English game which still adheres closely to the type played early in the 19th century. Frequent rule changes are made to help balance the offense and defense so that now it is not so much the variety of defenses used but the definite moves made to conceal until the very last moment the specific defense that creates the situations requiring brilliant strategy. Teams are more daring and gamble more frequently and moreover they very often find the gamble resulting in their favor. Skillful coaching is making teamwork play a greater part in the game without limiting individual brilliance and so the American game grows more colorful from year to year.

Football is, and has been, a definite factor in the development of such qualities as self-discipline, intelligence, resourcefulness, self-reliance and the will to win—both in the individual and in cooperative effort. The players daily learn to search for strength and weakness of the opponents, analyze situations quickly and devise plans to offset them. This experience is bound to be a great factor in the building of morale in our armed forces.

CHAPTER II

Football in the Navy

Football! Navy! War!

At no time in history have these words been more entwined and intermeshed than they are now.

For many years, the Naval Academy has realized the value of football in its athletic program. When he was Director of Athletics at Annapolis, Admiral Jonas H. Ingram in his first message to the Midshipmen stated: "The closest thing to war in time of peace is football!"

He now commands one of the large task forces at sea.

The analogy of football and war is becoming more and more apparent every day. The benefits of training in football are helping many American soldiers, sailors, and marines in their wartime duties.

The strategy of war so far displayed is duplicated in every game of the season, viz:

We must:

seek out the opponent's weakness and pound on it;

shift the point of attack when the defense is strengthened at that point;

use the element of surprise as a devastating scoring play!

realize that few games are won by defensive measures alone and that well trained reserves continually represent the margin of victory;

know that the continuously successful team must possess a varied and coordinated attack, in the air and on land, and must be able to hold its ground;

have the foresight to punt and bide time for a scoring opportunity, and when it is offered to attack with speed, power, deception, with complete confidence and with a will that does not permit failure.

The capacity of our football players to absorb the shock and pain of violent physical contact without wincing, and to rally strongly and courageously in the face of misfortune and adversity is familiar to all who know the game. The football player accepts blows from Fate and his adversary as part and parcel of the game and stays in there swinging. He combines fortitude and strength with bodily skill and agility, and these factors with split-second thinking and reactions. These are the same qualities that make our fighting men the toughest and best in the world.

Competition is as old as the Navy itself and it is just as traditionally Navy as John Paul Jones. In peace time and in war time, the method the Navy has used to train its crews is competition. One turret crew has competed against another, ship has contested against ship in engineering and communications as well as in gunnery. Aircraft squadrons have trained by competing against one another in machine gun practice, camera gun and bombing. The high state of efficiency and the remarkable records that the Navy has made in this war already in gunnery and aerial warfare are ample proof that these competitive methods are very worthwhile.

Admiral King, Admiral Nimitz, Admiral Halsey, Admiral Brown and Admiral Ingram, great leaders in Naval warfare today were top men on other fields in a lesser cause when they were at the Naval Academy. It seems no more than reasonable to assume that the characteristics these leaders developed in competition are even now a prominent part of their makeup.

When war came, there was no question about the fact that it would be advisable to continue the competitive activities found valuable in the Naval Academy. The spirit of competition was accelerated by enlarging the scope of the contests and by making physical training an integral part of the entire training program. In no phase of Naval Activity has competition been more accented than in the Physical Training Program for Naval Aviators. It is generally agreed that the most valuable sport in the program is swimming. Of the rugged, combative sports in the program football ranks with the best as a conditioner of men for war in the skies.

In the beginning of this program it was stated briefly that the exact techniques involved in the game of football would have very little direct application in Naval Aviation combat. Yet it was believed that there are certain qualities desirable in aviators which could be developed through the medium of football.

Thus, football was incorporated in the plan because like the other sports which are used, it does contribute something valuable to the makeup of the fighting man. Among the characteristics which football was expected to develop are: aggressiveness, physical fitness, coordination, alertness, discipline, teamwork, toughness and quick reaction. Events during the past year have served to enhance the belief that football has a valuable contribution to make in preparing a flyer for vigorous combat duty.

It is the aggressiveness of the football field applied by our whole nation which will turn the tides of battle to success for our forces. The early part of this game has been spent desperately on our own goal line. Now it is our turn to have the ball. It is our determination that in this case the score will be overwhelmingly in our favor at the end, and there will be no enemy when we finish.

Realizing the closeness of football and war the Navy has incorporated it as part of the basic training for its aviators. Some of the greatest coaches and players of our colleges are now instructors at our pre-flight schools and flight training stations. Every flight cadet will receive football instruction, know how to tackle, deliver the best blow possible from his whole body. Each cadet must participate in football competition. Varsity teams will represent the five Naval pre-flight schools and the Naval Air Stations including Pensacola, Corpus Christi, and Jacksonville.

The harder the competition is the better the training will be for our embryo pilots and the higher will be the standard of perfection required. Inter-company football schedules will be carried out at the pre-flight schools, and each cadet will take part in some team contact sport each afternoon.

The Navy realizes that football provides some of the finest training available for war, and is looking forward to our pilots running through a broken field of Axis planes, and when we say broken, we mean demolished.

CHAPTER III

The Pedagogy of Football

The responsibility of the coach is to take the material at his disposal and develop it into a coordinated and effective unit. His teaching ability must be broad enough to enable him to size up the capabilities of the players in order to instruct them in the various techniques of their positions, keeping individual adjustments ever in mind.

STEPS IN TEACHING

The coach should first give an explanation of the technique involved, stating a few of the common faults to be avoided. The next step should be a demonstration of particular techniques at half speed accompanied by explanatory remarks, followed by a full speed demonstration. The third step should be execution of the technique by players first against passive opposition and later against full speed opposition. Constructive criticism by the coach is in order after a short period of careful observation. The player should then practice for perfection of the various techniques of his position.

During practice periods the coach should be ever alert to make suggestions which will aid the player in striving for perfection of his technique. Special teaching aids such as various types of drills for groups of players are explained at the conclusion of subsequent chapters.

CHALK TALKS AND MEETINGS

Time will not permit complete coverage of all phases of the game on the field, therefore the coach should arrange class room meetings for the football squad, and in addition he should have regularly scheduled meetings with the quarterbacks.

Suggested topics for chalk talks: Explanation of the Signal System; Diagramming and Explanation of Offensive Plays, Diagramming and Explanation of Defensive Plans, Review of Play Assignments; Discussion of Rules (each player should be provided with a rule book) and Game Analysis.

BUILDING ESPRIT DE CORPS

A football team must be strong in sacrificial quality, in courage and in loyalty or it will be impoverished in morale. Morale, as here considered, is the state of mind of the player founded upon knowledge of proper technique, attitude on and off the field, willingness to be expendable, pride in self and team, and enthusiasm for the game—all of these qualities having their culmination in *well based confidence.*

Well based confidence gives a team its extra dash, its assurance, its poise; gives it the ability to outscore a rival of equal courage, equal fighting capacity, equal ability to win. The players' own estimate of his opponent is perhaps the line of demarcation between sound self-confidence and over-confidence. All the confidence in the world will not hurt a player if he does not permit himself to believe the next opponent can be easily beaten. But should the player begin to coast mentally, even though he is putting in the practice hours faithfully, it will require considerable shock to bring him back to normal self-confidence. It is the responsibility of the coach to develop well based confidence on the part of the cadets as individuals and as a unit.

The coach's sincerity of purpose must be unquestioned. He must never give his men reason to doubt his integrity or fairness. He should be the first man on the practice field and he should be energetic and enthusiastic. He should have a cheerful outlook in order that the players will catch his enthusiasm and respond wholeheartedly to the practice session. He should be careful in the arrangement of daily workouts in order that the players are not overworked, however to properly conduct the football program he must realize that he himself must devote a maximum amount of time to it. The coach should create enthusiasm and love for the game by developing a feeling among his players that practice is being conducted in order to reach a specific objective—winning the game.

Every cadet must be given an equal opportunity to display his ability or to prove that he is the best man for the position on the team. Through such a proving ground the players will develop confidence in the coach and in each other.

The coach should be extremely careful in his criticism and in his commendation of players. Many players are timid and are encouraged in their efforts only by praise. Some players, however, cannot stand too much commendation as it tends to give them a "swell head" thereby hampering their value to the team. Other players who are lackadaisical or phlegmatic may have to be aroused by sharp criticism and reprimand. It is inadvisable to criticize the entire squad for the mistakes of a few individuals.

He should never belittle his players before others; it is his responsibility to make the most of their inherent abilities. Public utterances as to the lack of ability on the part of his players will destroy confidence in the team and in the coach not only in the mind of the public but also on the part of the players.

The coach should be careful about criticizing the squad immediately after a game. In his enthusiasm or disappointment he may have reactions which, upon reconsideration, will be entirely changed. It is therefore a good idea to wait a day or two before analysing the previous game.

The coach should emphasize the fact that the football team is a representative of the Navy which demands its loyalty.

The coach must develop among his players a determination to win. He, himself, must be a good sportsman. He should require his players to play clean, to play hard, and to play to win.

DISCUSSION OF RULES

During meetings with the squad, the coach should discuss the rules and their application to game situations. A digest of the more important rules are herewith included to aid the coach in presenting them.

Rules for the Captain

An alert Field Captain may gain many yards by selecting the proper option and may avoid situations detrimental to his team. Following are suggestions for the Field Captain.

BEFORE THE GAME

Anticipate that the officials will want to meet with both Captains at least five minutes before starting time and go promptly when summoned.

If the field is such that special ground rules are indicated be sure that they are understood.

If the field is wet or muddy and arrangements are desired for wiping the ball it should be agreed upon at this time.

DURING THE GAME

Position of Players

After the game begins, a Captain must, if requested by the Referee, designate which players are the center, guards, and tackles when on offense.

Putting the Ball in Play

See that your men are inside the boundary lines when the ball is put in play, especially on your own end line.

If a foul is declared, the ball is not to be again put in play until the penalty for the foul is either enforced or declined.

Time Out and Substitutions

The Referee *only* can grant requests for "time out." All requests should be made as promptly as possible. It is proper, when you are unable to attract the attention of the Referee, to ask another official to notify the Referee that you desire a "time out."

The Referee is required to cause the Captain and the coach to be notified when their three legal "time-outs" are exhausted, and when two minutes remain in each half.

The Referee has authority to require the Captain to designate *the* injured player, which request must be immediately complied with or the penalty may be enforced even though a substitution is made.

Knowing that most substitutions will be made when time is out you should anticipate a substitution coming from the bench every time there is occasion to stop the watch. Make your presence available to the Umpire who must ask for your approval of substitutions and may wish to make known to you changes in the positions of players. This is especially important because the substitute cannot communicate until accepted by you.

Whenever time is out the Referee must ask if you are ready before play can begin. Anticipating that when time is out for any reason you will be sought by the Referee and make yourself available. When you are satisfied that your team is ready, answer as quickly as possible.

You cannot issue a blanket request for time out but must ask at the end of each down.

As much time as is desired may be used in the huddle so long as the ball is put in play within 25 seconds after the down has been declared.

You may ask the Field Judge, or if there is no Field Judge, then the official who is keeping time, how much time remains in the game; but not more than three times during the last five minutes of the game. If the timing is being done by others than officials, always ask the Referee who will ascertain the time remaining to be played.

Measuring for First-Down

The ball may not be rotated and the forward point as it lies is the determining point in measuring.

Be reasonable in requests for measurement and refrain from asking when it is obvious that a measurement is unnecessary.

On an out-of-bounds play or when the ball is dead near the side line and there is doubt as to whether a first down has been made, the measurement should be made before the ball is placed 15 yards in.

Try-for-Point

Before accepting or declining a penalty on try-for-point, always ascertain whether the Try was or was not successful. If the offending team failed, but fouled during the Try, the penalty would be declined and the Try would be over. If the Try was successful, the penalty would be acceptable with the hope that the second attempt will fail.

The Referee is obliged to explain any options in case of foul and since the time of, and the location of the foul on the Try determines the decision, be sure that the facts are clearly explained before making a statement.

The Try begins when the Referee blows his whistle to indicate that play may begin, which means that there are just 25 seconds in which to put the ball in play. Never tell the Referee you are ready until you are sure that your team is ready to start the play.

Enforcement of Penalties

Penalties for fouls such as off-side, fourth and subsequent time out, illegal delay, drawing opponents off-side, etc., are enforced from the spot where the ball was last put in play.

Penalties for illegal substitution, substitute communicating before being accepted, failure of a substitute to report, etc., are enforced from the spot where the ball would next be put in play had the foul been undiscovered.

The Referee is required by Rule to explain any options but should he fail to do so, inquire if there are any options available. It is not expected that a Referee should explain in detail which option is best for you to take; he will simply give you the facts.

General

Any appeal from the Field Captain can be only to the Referee and then only on questions of interpretation of the Rules. No appeal can be made on questions of judgment or fact.

Prevent your players from talking to officials or opponents. This does not mean that one of your players cannot (in a gentlemanly manner) call the attention of the proper official to some persistent infraction committed against him by an opponent.

Rules for the Player

The following outline should not be considered as an attempt to coach players but rather as a compilation of information which will indicate to the player what he is and is not permitted to do under the Rules.

AT KICK-OFF

When Your Team Kicks

Don't go out-of-bounds, as you cannot legally recover the ball unless the opponents have had actual possession and control of the ball and then fumble it. Should you return to the field of play you cannot use your hands to push an opponent out of the way in order to recover a free ball unless they have caught and then fumbled the ball.

If the ball goes into the opponents' end zone you are still eligible to recover the ball.

If the ball is still in the air remember that if any opponent is near enough to catch the ball before it strikes the ground, you are not permitted to interfere with his catch or obstruct the path between him and the point where he expects to catch the ball.

If an opponent signals for a fair catch don't tackle him unless he takes more than two steps after making the catch.

When Your Team Receives

If you are one of the five players who are required to be within five yards of your restraining line, be sure to remain within that distance until the ball is kicked.

If the kick is short and in the air, catch it, as the opponents are able to recover if the ball strikes the ground.

If the kick is short and on the ground, get on the ball, as the opponents are eligible to recover the ball as soon as it crosses your restraining line, or before that time if one of your team touches the ball before it crosses your restraining line.

If the kick is long and high the opponents will be eligible to recover the ball if you let it strike the ground. You may be outnumbered—catch the ball.

If one of your teammates signals for a fair catch you will know immediately that your team cannot advance the ball unless he fails to catch it and the ball touches the ground. Go to the immediate vicinity of the spot where your teammate will likely catch the ball and be prepared to recover the ball if muffed or block off an opponent who might recover it.

If the ball goes into your end zone, either in the air or on the ground, get on the ball; the opponents may recover for a touchdown.

If one of your team attempts to catch the ball and juggles it over your own goal line, or catches and fumbles the ball so that it goes over your goal line, or your team makes a backward pass which goes over your goal line, get the ball out from behind your goal line or it may result in a touchdown or a safety for the opponents.

Never make a forward pass after receiving a kick-off.

IN SCRIMMAGE

When Your Team Has the Ball

Keep your hands and arms close to your body when using a shoulder block.

Never try to block an opponent unless you can hit him from the front or side unless in close line play, otherwise it may be clipping.

If you are a backfield man remember that you must be at least one yard behind the line of scrimmage when the ball is snapped (unless you are the first player to receive the ball from center).

If you are a lineman, you must be within one foot of the line of scrimmage.

If you are either, you cannot start forward until the ball is snapped.

If you ordinarily occupy the position of center, guard or tackle on offense and are called into the backfield for a play you must be at least five yards behind the line when the ball is snapped.

If you are not one of the players standing on either side of the center you cannot lock legs with a teammate, and if you are in either of those positions you may lock legs only with the center.

If your team has shifted, or just come from the huddle, you and all of your teammates must remain stationary in your new positions for at least one second.

In any case, you must be stationary at the instant the ball is snapped, except that one player may be in motion toward his own end line.

You are not permitted to shift through the neutral zone.

You are not permitted to make a false start or any movement which would tend to draw the opponents off-side.

When Your Opponents Have the Ball

You are prohibited from calling words or numbers which might tend to disconcert the offensive team.

Never dive or fall on a prostrate opponent.

You may snatch the ball from an opponent before it becomes dead and advance it, if the ball has not touched the ground; but if the opponent is returning the ball after being kicked to him by your team you may not advance it.

When the ball has been downed less than 15 yards from the side line it will be moved to a point 15 yards in. There is no time out on this play and the opponents may run a play before you are ready.

KICKS FROM SCRIMMAGE

When Your Team Kicks

After the ball has been kicked you are permitted to use your hands and arms to ward off or push opponents who are attempting to block you. If the kick fails to cross the line of scrimmage you are permitted to use your hands to push opponents out of the way in order to get at the ball.

If the kick fails to cross the line of scrimmage (including being blown back by a strong wind) you may *recover and advance* the ball but if such a kick is recovered before crossing the scrimmage line by a player of either team, it is no longer a "kicked ball" and the regular rules apply if it is then fumbled.

If the kick crosses the line of scrimmage you may touch the ball before it has been touched by an opponent but it is a foul, the ball is not dead, and the opponents may still play it. If you are intending to "kill" the ball, get on it and stay on it. You may lose considerable yardage for your team by illegally touching the kicked ball.

If the ball is still in the air don't interfere with any opponent who is near enough to catch the ball.

If an opponent signals for a fair catch, don't throw him to the ground unless he takes more than two steps after catching the ball. If he drops the ball you are eligible to recover it. When an opponent signals for fair catch call out "fair catch" as some of your players may be so engrossed in avoiding blockers that they may not see the signal and tackle the receiver.

When Your Opponents Kick

You may use your hands until the ball is kicked but not afterward, unless the kick fails to cross the line of scrimmage because of being blocked, or for any other reason. When one of your team has touched the ball after it has crossed the line of scrimmage, all players of both teams are eligible to recover the ball.

If the kick is blocked behind the line, unless you have an unusual opportunity to pick up the ball, fall on it. The possession of the ball is of the greatest importance.

Never make a forward pass after receiving a kick.

If you touch the ball in the field of play and it rolls into your end zone, get on the ball. Don't try and run it out unless you think you can get beyond your 20 yard line.

If you added any impetus to the ball, get it out at any cost or you may have a safety scored against your team.

ON A FORWARD PASS

When Your Team Passes

If you are not on the end of the line or at least one yard back of it, you are ineligible to touch the pass and may not go into defensive territory until the pass is thrown unless in blocking contact with an opposing lineman.

If you are eligible to receive the pass, don't interfere with any opponent behind the defensive line; this applies from the moment the ball is snapped until the pass is touched by either team.

If you are eligible, don't go out-of-bounds, as you are then ineligible.

If you are ineligible (either ineligible at the start of the play or because you went out-of-bounds) and touch the pass beyond the line, the penalty is 15 yards and loss of a down from where the ball was put in play.

Even though you are eligible, and one of your eligible teammates touches the ball, you are then ineligible to touch the pass until it is touched by a defensive player. It is better under these conditions to catch or bat the ball to the ground than to allow an opponent to catch it, unless it is on a fourth down, since the penalty is only loss of a down.

When any member of the defensive team touches the pass, any player of the passing team may then catch or bat the ball.

Avoid passing when there is a possibility of its being grounded in your own end zone as this will result in a safety.

If you intentionally ground a pass, you lose not only distance but a down. If you were trapped in your own end zone with the ball and a safety was imminent, a pass grounded in the field of play would result in your team retaining the ball (unless it was on a fourth down) although the distance penalty might take the ball very near to your goal line.

A pass may not be intentionally thrown into an ineligible player behind the line of scrimmage.

The fact that the pass does not cross the line of scrimmage does not permit offensive players to interfere with opponents beyond the line of scrimmage before the pass is touched.

Until the pass is completed, incompleted or intercepted, the passer may use his hands to ward off opponents.

When Your Opponents Pass

You may cut down or interfere with (but never hold) opponents until the pass is thrown.

When the pass is in the air and before it is touched, a possible penalty for interference may be avoided by playing the *ball* rather than the opponent.

FUMBLE AND BACKWARD PASS

If by your team, you may recover and advance the ball.

If by your opponents you can advance the ball only if recovered before it touches the ground; if the ball has touched the ground fall on it.

If you can't recover the ball before it goes out-of-bounds try to touch it before it goes out, as the ball is awarded to the player who last touched it.

FREE BALLS

The ball in the air from a forward pass is not a free ball and may be batted in any direction to prevent an opponent from securing it. If batted by an ineligible player the usual penalty is enforced.

The ball in the air from a backward pass may be batted by any player of either team in order to prevent an opponent from securing it.

Never kick, or kick at, a free ball.

In attempting to recover a free ball avoid striking the ball with your foot; it may be construed as kicking.

Never bat a fumbled ball toward your opponents' end line.

Never hold an opponent to prevent him from recovering the ball. He may be blocked, but never held, and may be pushed only when you also are eligible to recover the ball.

If the ball strikes an official who is "in bounds" the ball is not dead.

If a player legally falls on and retains the ball, it is dead but when illegally recovered or fallen on, it is not dead until so declared by the referee. The holder of the ball in a place kick may have his knee in contact with the ground, but if he muffs the pass from center, then any player of his team may recover and advance the ball.

If you commit a foul when the ball is free it means loss of the ball to the opponents and may result in a safety or touchback, or the loss of many yards.

SUBSTITUTION

If you are entering the game go at once to the *Umpire* and report. You may not communicate with your players until after reporting and being accepted by your Captain. At the opening of the second half you do not have to report and may freely communicate; therefore do not cause delay by attempting to report.

If you are carrying information regarding any change in positions of players, tell the Umpire. He will either tell your Captain or allow you to tell the Captain in the Umpire's presence.

If you are leaving the game, get off the field as promptly as your physical condition will permit.

GENERAL

If an official blows his *horn* the ball is not dead and play continues until the ball is declared dead by the Referee.

If the gun shot is to denote the ending of a period while the ball is in play the ball *is not dead* and play continues until the ball is declared dead by the Referee

Never stop on the strength of hearing a *horn* or a *gun* if the ball is in play.

Never commit fouls simply because you can get away with it. While you may escape penalty several times, you are likely to draw one when it hurts your team the most.

The most efficient players do not bicker with opponents. It often leads to altercations and serious fouls and should be discouraged as much as possible.

PART II

The Foundation of Football

CHAPTER IV

Stance

A player who does not have a sound comfortable position from which to operate is handicapped from the start. The coach who does not insist on correction and improvement of stance and the player who overlooks or neglects it will make the execution of other fundamentals more difficult.

OFFENSIVE STANCE

Line

The rules state that both hands or both feet or one hand and the opposite foot shall be within one foot of the scrimmage line. In fulfilling these requirements the stance used by linemen must also be one that will enable them to move forward, backward and laterally with desired results, therefore it must be a position with feet well apart, coil in the legs and the feeling of explosive comfort. There are various types of stance all of which have accomplished their purpose, but some coaches prefer to choose a certain type, making individual adjustments for comfort.

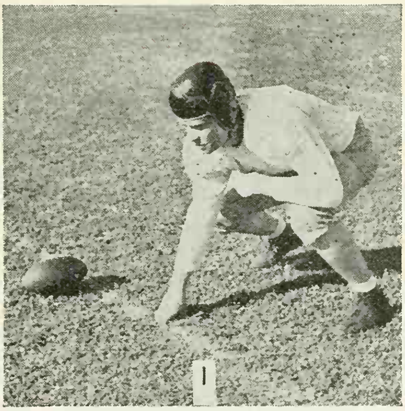
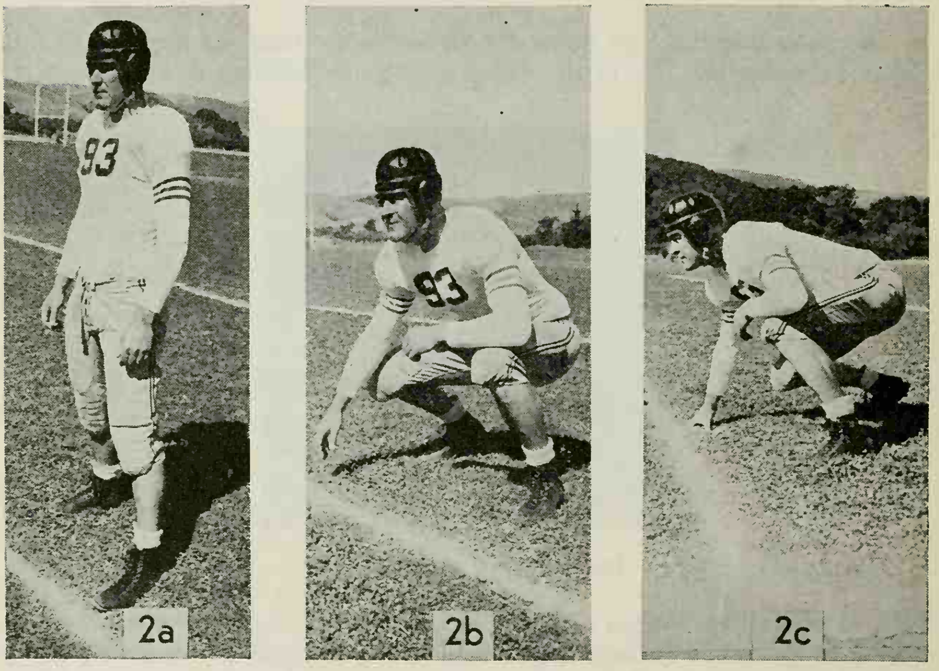


PLATE 1. *Legal three-point stance.*

The Three-Point Stance (Staggered).—The feet should be placed about twenty-four inches apart, with the toe of one foot on line with the heel of the other and both feet pointing straight ahead. The player should then come to a full knee bend, at the same time rocking slightly forward and dropping the arm, corresponding to the rear foot, straight from the shoulder to the ground. The hand on the ground should rest on the first and second row of knuckles. The other arm is relaxed by resting the forearm on the knee. The lineman then shifts his weight forward again and raises the hips to a position slightly lower than the level of the shoulders. The head must be up, and the eyes looking straight ahead. This position will find the lineman with his weight distributed evenly on the balls of his feet with the hand on the ground giving the proper body balance.



(a) *Assuming three-point stance—feet about twenty-four inches apart; toe of right foot on line with heel of left foot.*

(b) *Full knee bend. Dropping right hand to ground, resting left forearm on left knee. Balance on balls of feet.*

(c) *Relaxed and balanced position; right arm straight from shoulder to ground; hips lower than shoulders. Heels clear of ground and weight on balls of feet; head up, bull neck, and eyes ahead with split vision.*

PLATE 2

The Three-Point Stance (Square).—This stance requires the player to take a position with the toes of both feet on the same line and parallel to each other. He then comes to a full knee bend, dropping either arm straight, from the shoulder to the ground, resting the other forearm on the knee. The hips are raised to a position slightly lower than the shoulders, the head is up and eyes looking straight ahead. The arm to the ground should be adjusted forward so as not to tie up with the knee.

The Square Stance has been used by many players with the hips in an extremely low position (sitting on the heels) to enable them to pull out easily and to effect an uplift in the charge due to the full coil of the legs.

Four-Point Stance (Square or Staggered).—Few coaches today teach this type of position. In this stance the player rests both hands on the ground, the feet being in a square or staggered position. Naturally there is more weight on the hands which causes anchoring to the ground and handicaps the player in his backward and lateral movements, but gives him a powerful straight ahead charge.

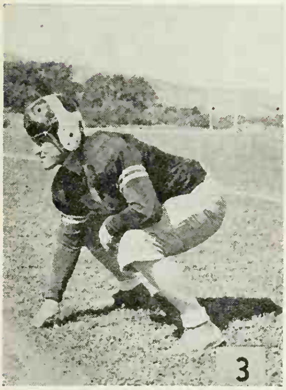


Plate 3. *Three-point stance (square) toes of both feet on same line.*

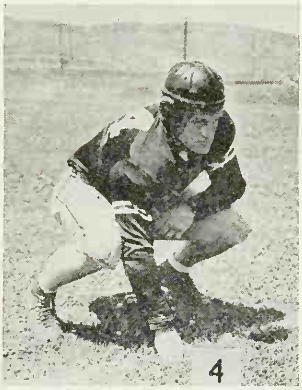


Plate 4. *Three-point stance (square) hips extremely low.*

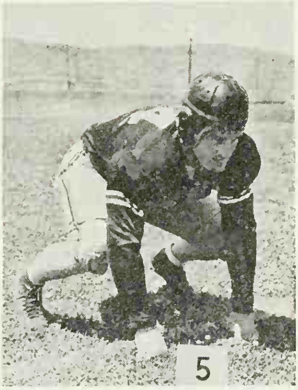


Plate 5. *Four-point stance.*

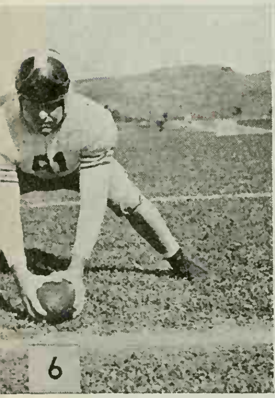
The Center.—The stance of the center is somewhat like that of other linemen with the exception that his hips are carried higher to allow freedom in snapping the ball. The types most commonly used are:

(a) Wide Spread—The feet are placed extremely wide apart and on the same line with a very slight bend or break at the knees.

(b) Box Knees—In this stance the center places one foot on a line with the heel of the other foot. The width of the feet should be such as to bring the knees almost directly over the balls of the feet thus forming a box between the knees and the feet.

The "T" Center normally uses the stance mentioned in (b), however the wide base is not necessary. The head should be up, eyes looking straight ahead. He should be away fast, thereby becoming as effective a blocker as the other linemen.

In all of the above mentioned positions there should be little or no weight placed on the ball so as to allow freedom in passing.



TE 6. *Center—wide spread e—feet wide apart, slight · at knees.*

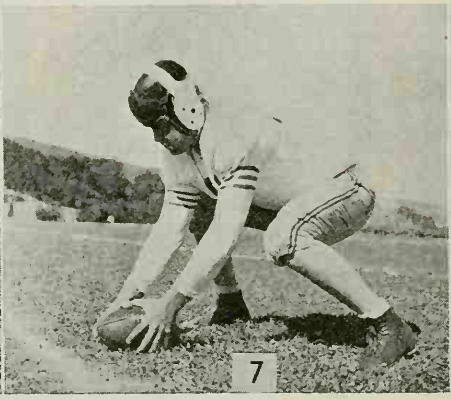


PLATE 7. *Box knees—heel and toe alignment; knees over feet.*

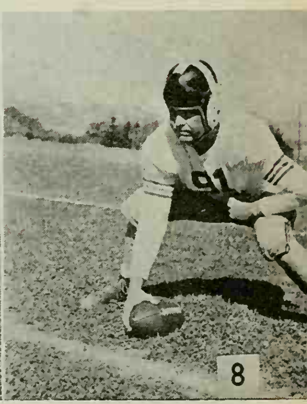


PLATE 8. *"T" Center—o hand on ball to make sho blind pass.*

The Backs (Three-Point).—Backs should assume a position much the same as linemen, with one hand on the ground and feet on a line parallel to the scrimmage line. Some coaches teach players to place no weight on the hand, while others prefer weight on the hand. The head must be up and eyes looking straight ahead.

The Upright or Two-Point Stance has the feet comfortably spread (18″) the toes pointing straight ahead. Weight should be equally distributed on the balls of the feet (do not rock back on the heels). Hands should be placed on the knees, arms straight, thumbs on the inside of the knees; head up and eyes looking straight ahead, or at the ball if in a position to receive it.

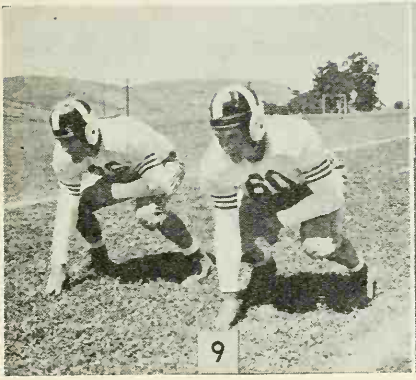


PLATE 9. *Backs—three-point stance—toes on same line, weight balanced, head up, eyes ahead. Player on right has weight on hand.*

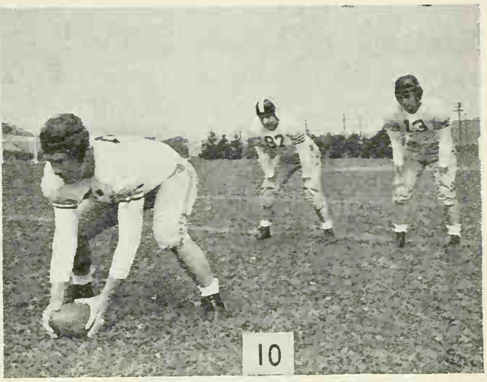


PLATE 10. *Backs—two-point upright stance, toes on same line, weight on balls of feet, heels clear of ground, head up, eyes on ball.*

A variation of the arm position in this stance is to have those players who are in position to receive the ball from center, raise their arms and extend the hands forward. One or both hands in this position should be held with palm up. The upright position has also been used by linemen to catch the opponents by surprise. Coaches teaching this position should be careful not to violate the requirements of the rules for a player being on the line of scrimmage.

The Semi-Upright or Two-Point Stance finds the players' knees well bent, feet comfortably spread (18″) and on a line parallel to the line of scrimmage, both forearms resting on the knees with hands open, palms up.

PLATE 11. *Back—two-point upright stance.*

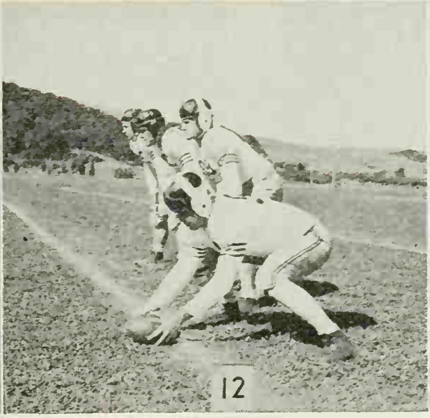


PLATE 12. *Linemen—upright stance—feet within one foot of scrimmage line.*

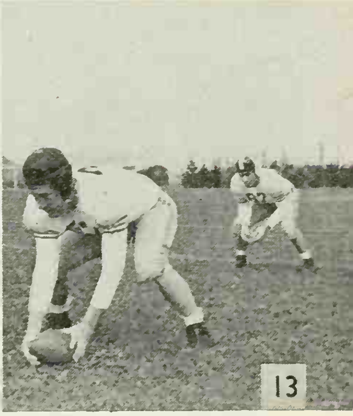


PLATE 13. *Backs—semi-upright stance.*

DEFENSIVE STANCE

Line

The stance of a defensive guard or tackle is similar to that of an offensive lineman, with the exception that his body may be a little closer to the ground, with more weight on the hand. The defensive player is charging forward most of the time, therefore the added weight forward. The lineman may use either a three-point or a four-point stance, the latter having more weight forward; on release of the hands from the ground the player develops a powerful straight ahead charge.

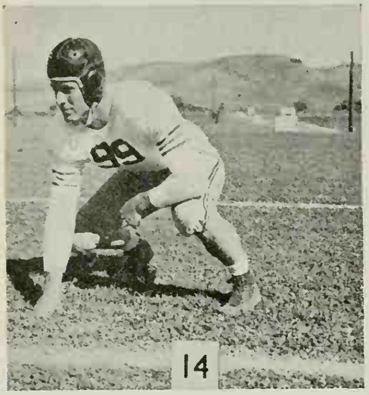


PLATE 14. *Three-point stance—defensive guard or tackle. Weight on hand, more stagger to feet.*

The *Semi-Crouch or Two-Point Stance.*—In this defensive stance the feet are well staggered, the knees bent with the body inclined well forward and the hands extended. It is difficult to start quickly from this position and the player will find it hard to protect his legs from blockers.

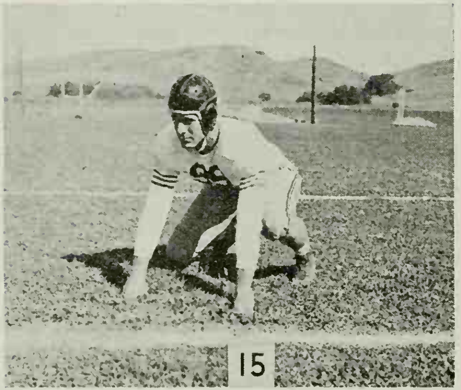


PLATE 15. *Four-point stance—defensive guard or tackle.*

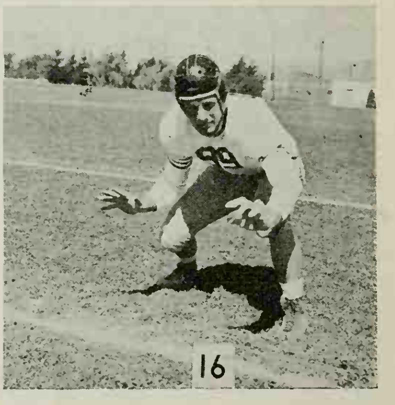


PLATE 16. *Two-point stance—defensive guard or tackle. Weight balanced on balls of feet, body inclined at hips.*

Linebackers.—The linebacker, or linebackers, should stand in a natural, easy, comfortable position with feet well apart and staggered, the body turned slightly toward the core of the offense. Some players like to rest their hands on their knees, others like to carry them raised slightly in front. (See plate 17)

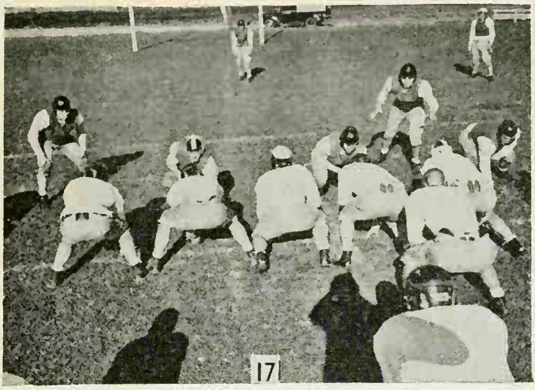


Plate 17. *Linebacker's stance—body open to core of the offense.*

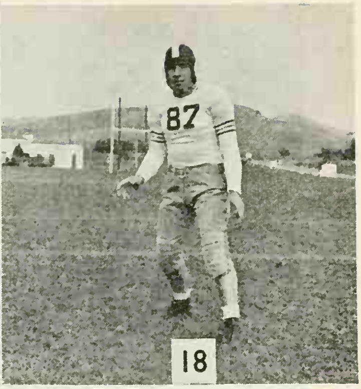


Plate 18. *Defensive halfback.*

Other Backs.—The deeper men should assume a natural, comfortable, erect position. Many players can move forward to meet a play much more quickly if they stand with one foot in advance of the other. (See plate 18)

Individual Adjustments Must Be Made for the player's comfort without destroying the effectiveness of the stance regardless of the type or types the coach may choose to teach. It is often necessary to drop one foot further back or to decrease the amount of stagger to increase comfort. Many defensive linemen like to hug the ground, stagger their feet a good deal more than they do on offense, and dig in. Some coaches prefer to have their defensive linemen take a position with the hips higher than the shoulders. Many ends will adjust the width of their feet (offensively and defensively) depending on the play. The coach should not insist on a player assuming a position either offensively or defensively which will hamper him in the execution of fundamentals. (See plates 19-22 following)

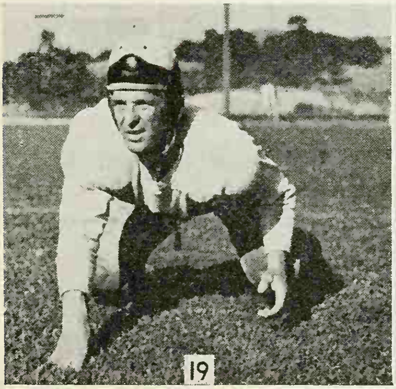


Plate 19. *Defensive guard—body hugging the ground.*

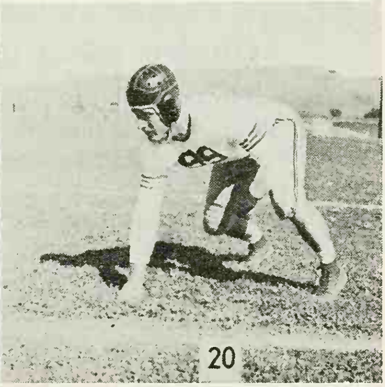


Plate 20. *Defensive tackle. Hips high, weight ahead.*

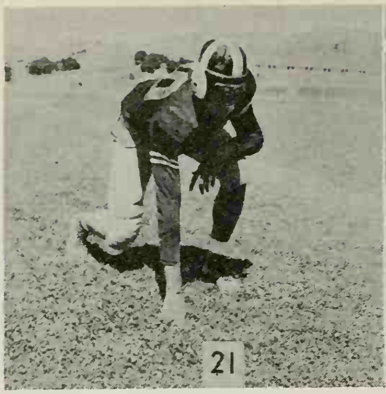


Plate 21. *Offensive and defensive end. Narrow base and deep stagger to feet.*

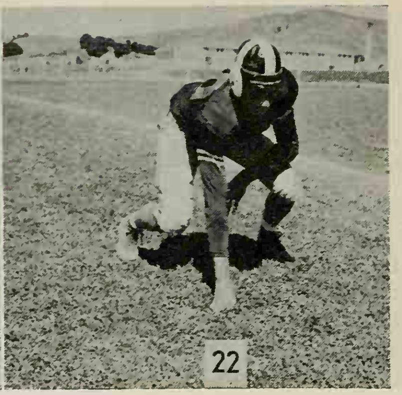


Plate. 22. *Offensive end. Weight evenly distributed on balls of feet, shoulders square, head up, bull neck.*

Coaching Points (Offensive Stance)

(1) Player must be comfortable in his stance.

(2) Player must be physically relaxed but mentally alert.

(3) Player should adjust feet before assuming crouch position.

(4) Feet should be spread the width of the shoulders.

(5) Feet and lower legs should be parallel.

(6) Hips should be slightly lower than the shoulders.

(7) Head up, eyes looking ahead with split vision.

(8) Weight evenly distributed on the feet.

(9) Player must have a position from which he can move quickly forward, backward and laterally.

(10) Player should not tip off his assignment by leaning or pointing with eyes, head, body, or facial expression. A play cannot be successful if the defense knows where it is going to strike.

Coaching Points (Defensive Stance)

(1) Player must be physically relaxed but mentally alert.

(2) Weight should be well forward.

(3) Player must have a position where no preliminary movement is necessary in getting under way.

(4) Split vision is important so that the player can see the snap of the ball and the target of his charge.

DRILLS

(a) As an aid in teaching offensive stance use a series of squares, 2 feet on a side, marked on the field. Players place one foot in one corner of the square and the other on the opposite side midway in the square. The hand corresponding to the rear foot is then placed in the corner of the box directly above the rear foot.

(b) Pair off and have the defender charge to test the stability of the stance.

(c) Shifting—for teams that use a shift, practicing the shift will enable the players to drop easily into position.

(d) Linemen and especially the center should practice stretching exercises to loosen their hip joints in order to improve the comfort of their stance.

(e) Drill the lines as a unit to adjust position away from the center and to regulate the splits in the line.

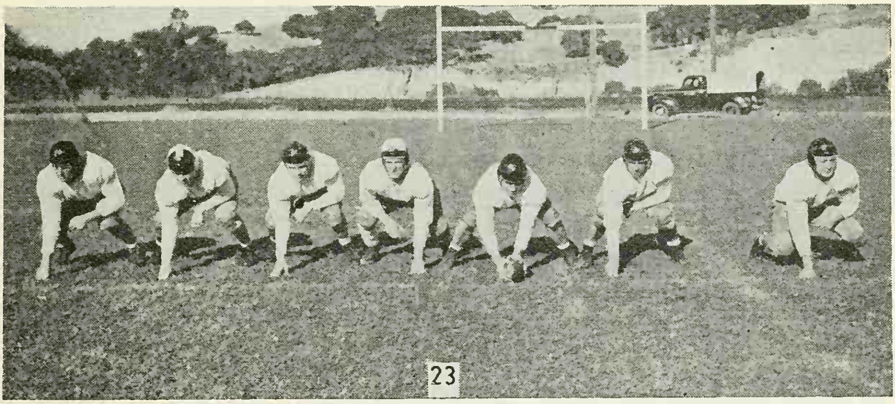


PLATE 23. *Line as an offensive unit. Note players' legs are not interlocked.*

CHAPTER V

Blocking

The most important feature of offense is blocking, in fact blocking is the essence of offensive football. At least ninety percent of all offensive action and energy in football is used in blocking. The purpose of blocking is to obstruct the opponent, by a player bringing his body into contact with a player of the opposing team, in order to keep him from the ball or the path of the ball carrier. In other words, the objectives in all blocks may be stated as follows:

(a) Drive an opponent out of his position.

(b) Prevent an opponent from moving to a certain position.

(c) Tie up an opponent so he is out of the play.

One man is designated as a ball carrier, all others unless assigned to a definite fake to aid deception or become a possible pass receiver must carry out a blocking assignment. A majority of these blocking assignments must be carried out successfully if the offensive play is to succeed. If all the assignments are performed perfectly the play if well designed, will result in a touchdown. If all assignments are not executed properly the gain resulting from the play will be in proportion to the number of blocking assignments completed.

To be a good blocker a football player must:

(a) Have the desire to block and make a determined effort on every play. The ratio of importance can be fairly stated as 75% desire and 25% mechanics.

(b) Perfect the mechanics of blocking through proper instruction and practice. These mechanics are: (1) Head up, (2) Eyes on the target, (3) Back straight, (4) Wide base of feet, (5) Weight on balls of feet, (6) Short digging steps after contact, (7) Bring forearms up and into the body extending the upper arm thereby increasing the blocking surface, (8) Body control.

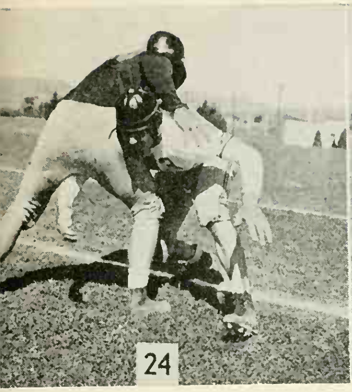
Three phases in all blocking are: (a) The approach, (b) The contact, (c) The actual block and its completion or follow through. The general conditions under which blocks are made can be roughly divided into the following categories: (a) Close blocking (in the line), (b) Semi-close blocking (traps and linebackers), (c) Open field blocking.

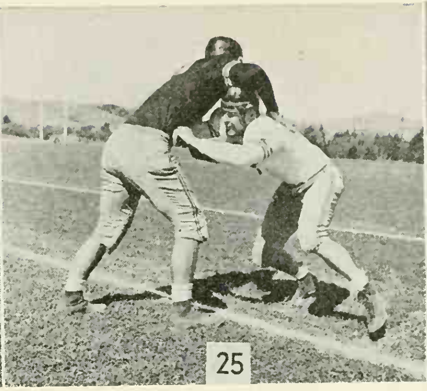
In considering all blocks used in football today the two basic blocks which are most essential are the *Shoulder Block* and the *Body Block.* All other blocks, of which there are many and variously named, are relative to the shoulder and body blocks.

SHOULDER BLOCK

In the line

The player should uncoil or spring from both legs making solid shoulder contact with the thigh of the opponent and at the instant of contact the feet should be





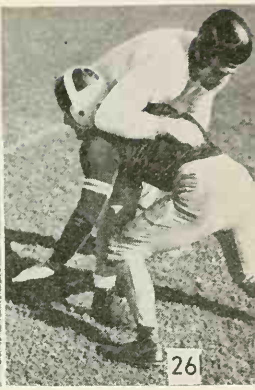
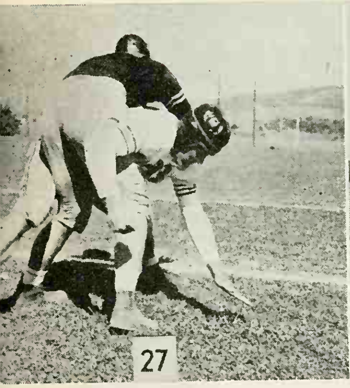
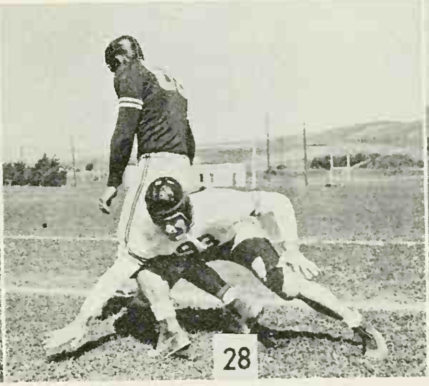


Plate 24. *Illegal shoulder block. Player in white in the act of using right arm to help control the defender.*

Plate 25. *Illegal shoulder block. Player in white using arms away from body constituting illegal use of arms.*

Plate 26. *Legal sh*
block. Player in blue is
ing hand to ground to ma
balance, other arm is cl
body and brought up
crease shoulder blockin
face.





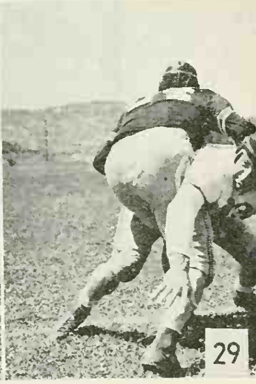


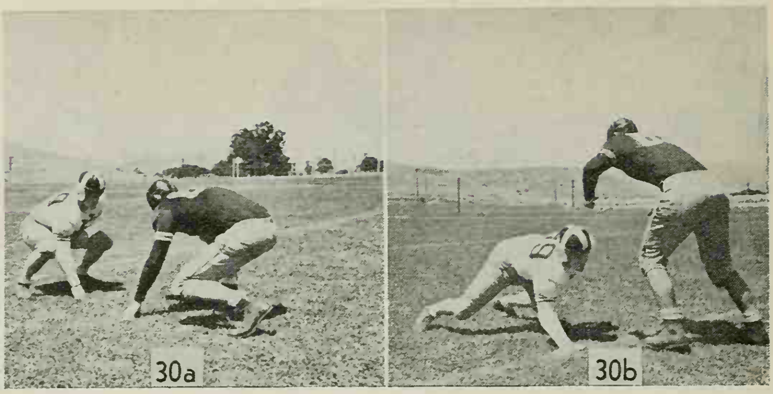
Plate 27. *Illegal cross body block. Player in white using right arm to help control defender.*

Plate 28. *Illegal cross body block* in open field. *Player has thrown body across rear of defender which constitutes clipping.*

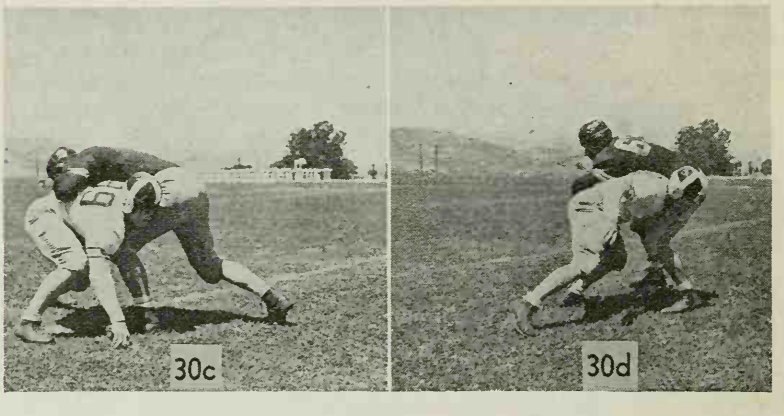
Plate 29. *Legal cross*
block. Player, in whit
thrust both hands to g
and is using knee to a
blocking; however the
and knee are used in n
to control defender, b
used to aid in keeping c

well spread and occupy a position well under the player's body. If this part of the block is properly executed, the player should be able to keep his balance for a quick recovery in case the initial contact has been faulty.

Throughout this first maneuver the player's head should be driven close by the opponent's leg and kept up allowing for full, solid shoulder contact. The instantaneous follow up is executed by advancing with fast, short, powerful steps, being



(a) *Stance* (b) *Uncoil*



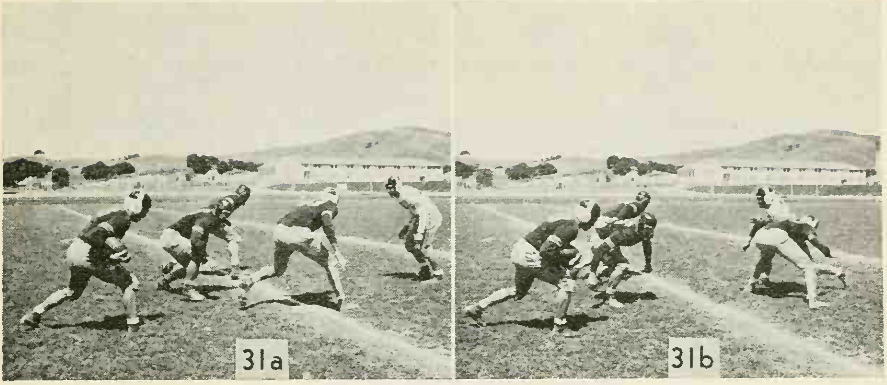
(c) *Contact* (d) *Follow through*

Plate 30. The Shoulder Block

careful to maintain the original spread of the feet. As the opponent is being moved the shoulder should slide up the thigh to the crotch using the neck and head (ear piece of helmet should be in contact with opponent's leg) to help control him and exert extra pressure. The upper arm should be made an extension of the blocking shoulder by bending and raising the elbow to shoulder level, the hands holding the jersey chest high.

To move the opponent away from the ball carrier, the blocker should shift his feet immediately after contact so that the long axis of his body is pointed at a 45° angle from the original line of charge. Head darting and shoulder dipping may be used to advantage in executing the shoulder block on a hand fighting opponent.

Shoulder Block (Semi-Close).—Blocking on trap plays and close secondary should be made with speed but not without body control. Immediately before contact, the blocker should come to the position of feet spread apart, knees bent, head up and shoulders parallel to the ground. The follow through is the same as described above for close line play.



(a) *Approach* (b) *Contact*

PLATE 31. THE SHOULDER BLOCK (SEMI-CLOSE)

When blocking on a trap play, the offensive man should always place his head between the defensive man and the path of the ball carrier. If the defensive man penetrates into the backfield more than 2 yards, the blocker should use a reverse shoulder block or a reverse body block. The offensive player executing a cross-block on trap plays should begin his charge on the assumption that the defensive player will not penetrate across the line of scrimmage. (NOTE: The shoulder block may also be used in open field blocking.)

The following blocks are related to the shoulder block:

The Reverse Shoulder Block.—The blocker approaches the defender, leading with the normal blocking shoulder then reverses the head and shoulders contacting the opponent in the midriff with shoulder, neck and side of the head. The blocker should stay on his feet, head up and back straight. The upper arm corresponding

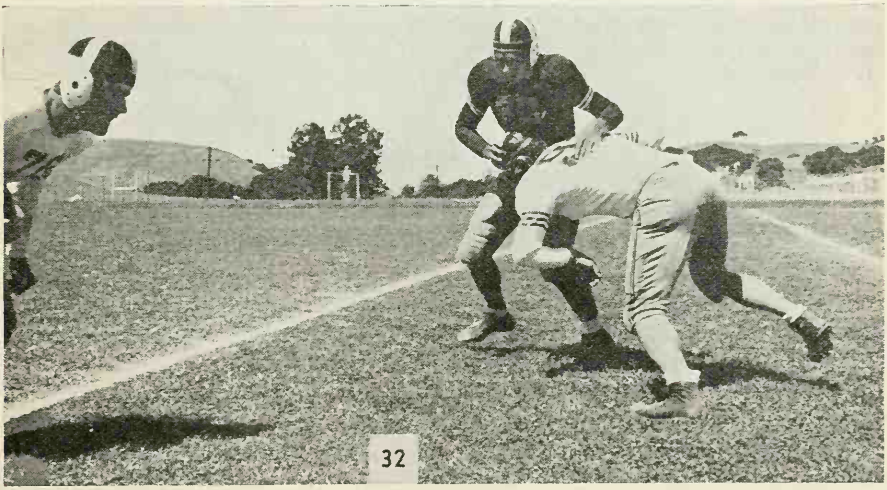


PLATE 32. *Reverse shoulder block. Player in white contacting defensive end with the shoulder opposite normal blocking position.*

to the blocking shoulder should be brought up to increase the blocking surface. This block is used on ends who penetrate too deeply into the backfield. It is also employed by ends to block tackles who are playing on their inside and slanting through.

The Pivot Block.—Contact is made with shoulder, bull neck and side of head by turning shoulders and body and shifting the feet, using the momentum of the defender to keep him away from the ball. The blocking surface is increased by raising the upper arm to shoulder level. This block is used by players protecting the passer and kicker.

The Side Swipe is a shoulder block executed from a flanking position. However, it may also be executed by contacting with the hip. In executing this block the player should be careful not to split too far away from the defender on his inside. The charge should be at a sharp angle to the inside, meeting the defensive player on the line of scrimmage, contacting him with the inside shoulder, outside leg advanced.

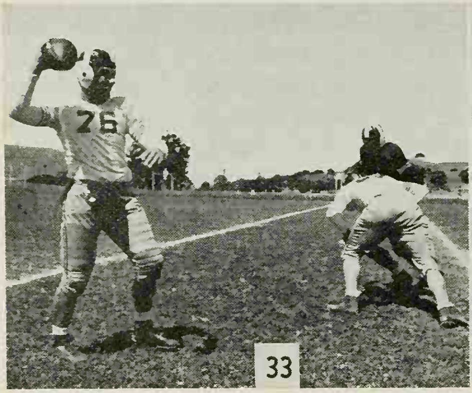


PLATE 33. *Pivot block. Blocker in white using defenders' momentum to force him from passer's area.*

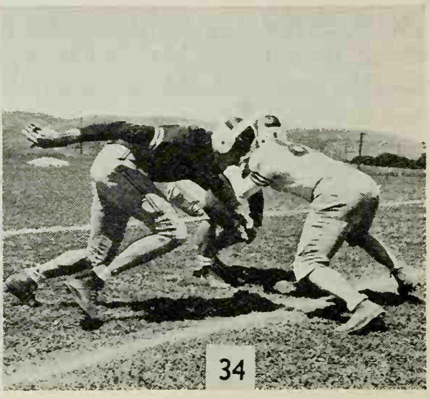


PLATE 34. *Side swipe—offensive end charging sharply in to apply a straight shoulder block on defensive guard.*

The Shoulder Check Block is executed by taking a lateral step with foot nearest the defender and contacting him with the nearest shoulder. The body should be kept in a crouch position with knees bent in order to withstand the charge of the defender. The blocking surface is increased by bringing up the upper arm to shoulder level. After the defender has been momentarily checked from knifing directly through, the blocker can break through into secondary for another block. This block is often used on defenders who are shooting the gaps left by pulling linemen; and is also used in protecting the kicker and passer.

The Shield Block is effected by charging into the defender in an upright position with both forearms in and up. The block may be used effectively by an end in shielding and straightening up the defensive tackle up on quick opening plays; used with jab step instead of charge on line of scrimmage to protect the passer and kicker.

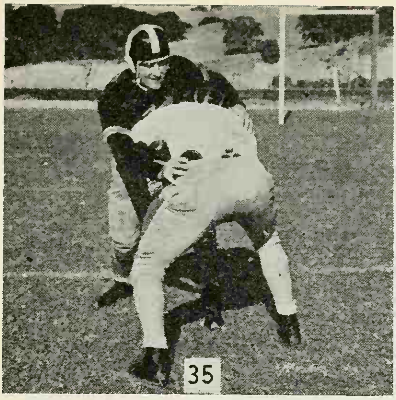


PLATE 35. *Shoulder check.*

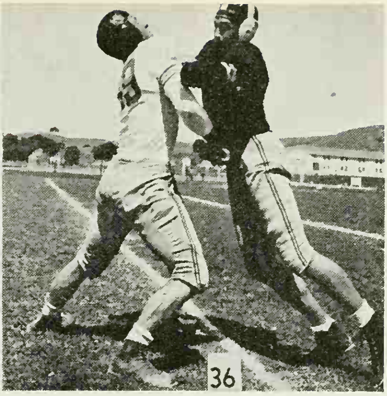
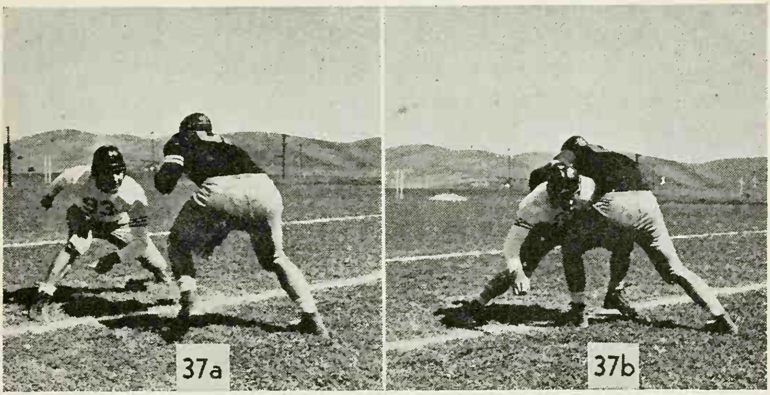


PLATE 36. *Shield block.*

The Open and Shut Block is used by a blocker when the defender is well on his outside. The blocker steps on an angle with the foot nearest the defender (open) and then immediately drives from the outside foot back into the defender contacting him with shoulder, neck and side of head. The block is also used to cross check after guards have pulled out of the line, and by ends to block wide defensive tackles.

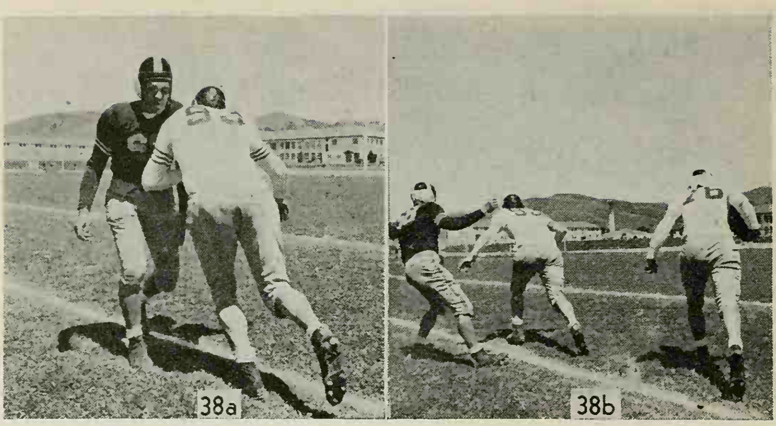


(a) *Player in white has stepped to his right in order to obtain blocking position (OPEN).*

(b) *Player has driven back into defender from outside leg (SHUT).*

PLATE 37. OPEN AND SHUT BLOCK

The Screen Block is applied by running into the defender, brushing or bumping him with the shoulder, the blocker staying on his feet and continuing on down the field for another block.



(a) *Screening, brushing or bumping defensive back.*

(b) *Blocker still on feet is continuing on as interferer for ball carrier.*

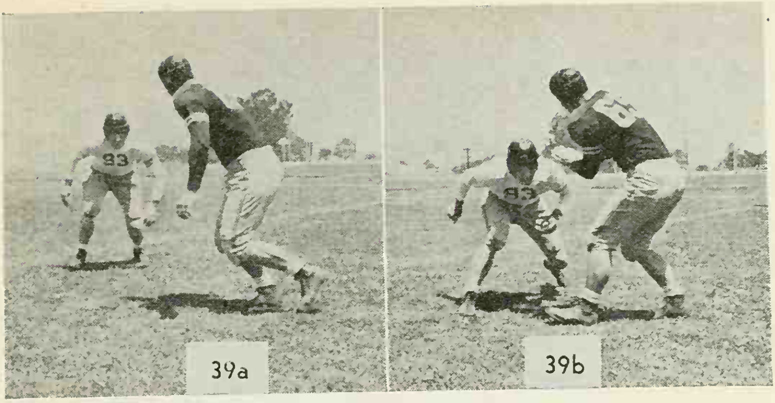
PLATE 38. SCREEN BLOCK

CROSS BODY BLOCK

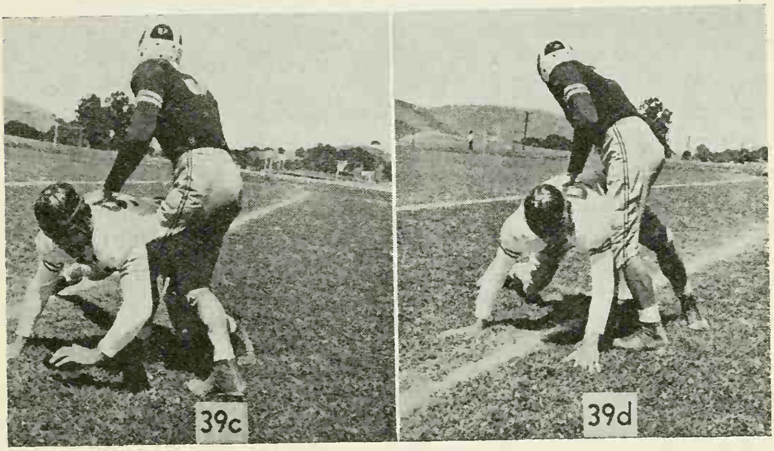
Open Field

The player should approach the defender in the same manner as if to apply a shoulder block; getting close enough to apply a shoulder block. Just before shoulder contact could be made the body is quickly turned across the defender, contact being made on the side of the blocker's body using the defender's crotch as the target. The blocker's legs must be well under him with knees bent; the leg next to the defender is used in a hooking fashion while the outside leg applies the pressure. The block is kept secure by taking short, alternate steps. The pressure should be combined with an attempt on the part of the blocker to work his way around the defender, rotating in the direction of the blocker's head.

The blocker must keep in mind that a defender on meeting resistance and being momentarily stopped will raise up, locate the ball and go to the ball carrier. The blocker after stopping the defender must maintain a position between the defender and the ball carrier; as the ball carrier is in motion the blocker's position is continuously changing thus necessitating an aggressive and continued block. (NOTE: The cross body block is also used in the line and in the semi-close blocking areas.)



(a) *Approach* (b) *Take-off*



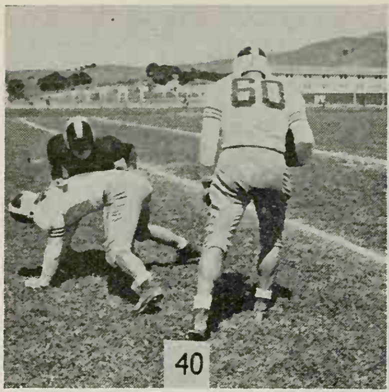
(c) *Contact* (d) *Follow through*

Plate 39. The Cross Body Block

The following blocks are related to the *Cross Body Block:*

Reverse Body Block is executed by approaching the defender as if to apply a shoulder block to the opposite side, then quickly reversing or whipping the body across the thighs of the defender. This places the blocker's head opposite normal blocking position. The hooking action of the inside leg and the short digging steps are the same as the cross body block. This block is used by ends on defensive tackles playing on their inside and knifing through. Also used in open field and by trap blockers on defenders who penetrate too deeply into the backfield. (See Plate 40)

The Long Body Block is executed from a running dive, throwing the outstretched body across the knees of the defender from side or front in an effort to cut his legs from under him. Contact is made with the hip and followed up by a rolling motion. This block is sometimes used on defensive ends and also in the open field. (See Plate 41)



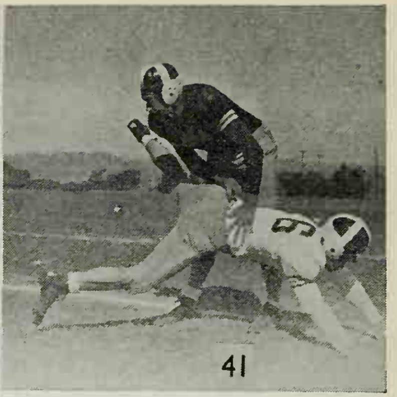
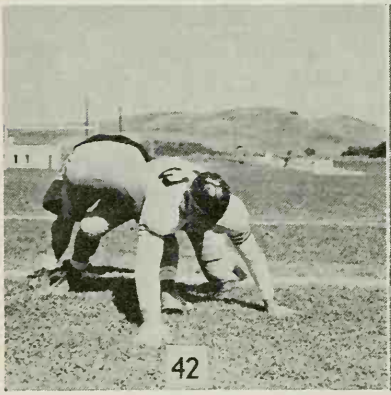


PLATE 40. *Reverse body block —blocker in white has his body reversed from normal blocking position.*

PLATE 41. *Long body block. Player in white attempting to cut legs from under defender.*

The Knee Block is the result of a missed or slipped shoulder block. The blocker drives the inside knee between the legs of the defender, head and shoulder to the rear, arms straight, both hands on the ground and hips high. Pressure is applied by forcing the side of the body against the defender's leg and taking short digging steps. This block is commonly used by linemen in cutting off defensive guards and tackles and is also used by the end blocking a wide defensive tackle. (See plate 42)

The Smother Block is used primarily against submarining linemen. If the blocker cannot get his shoulder or body into the defender he may drive his knees low and hard into the opponent, smothering him by throwing his body on top of the defensive man. (See Plate 43)



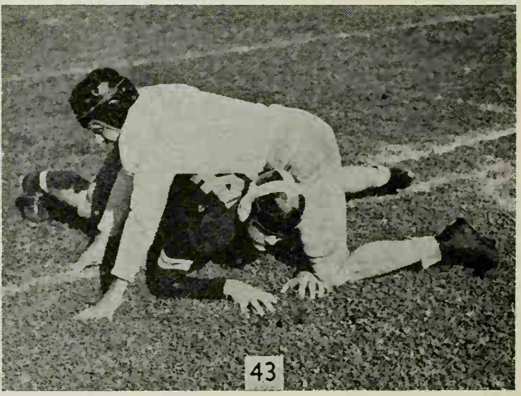
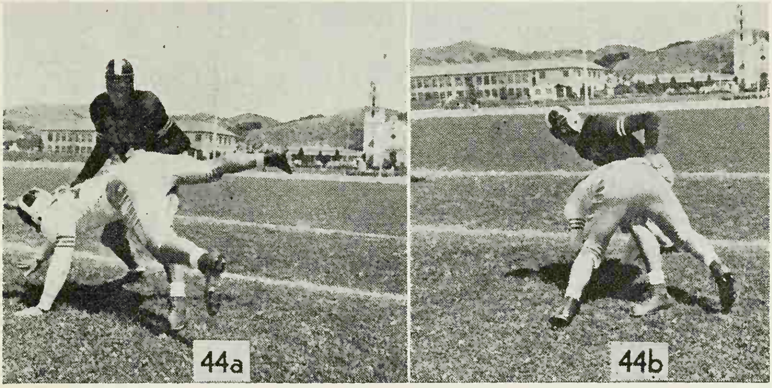


PLATE 42. *Knee block.*

PLATE 43. *Smother block. Defensive player in blue has charged extremely low, thus preventing blocker from getting shoulder contact.*

The Frog Block is often used by a deep back in blocking a defensive end. The block is executed by driving directly at the defender, slipping the shoulder and raising the inside leg high so that a right angle is formed by the body and the thigh. The thigh is parallel to the ground and the arms thrust straight ahead. The follow through is executed with both hands on the ground; the feet should take short digging steps.



(a) *Contact* (b) *Follow through*

PLATE 44. THE FROG BLOCK

COACHING POINTS

(1) Every block executed while running must have maximum controlled speed and aggressiveness. Players should bear in mind that they are attacking a fighting man.

(2) Don't sacrifice body control for speed.

(3) Make contact sharp, solid, accurate and with continued effort.

(4) Attack the defender, not the position.

(5) In taking short, digging steps do not let the legs come to complete extension—keep the knees partially flexed.

(6) Eyes open and on the target.

(7) Head up—the body in motion follows the position of the head therefore the head must be up to react to the opponent's change of position.

(8) Keep head between the defender and ball carrier—if the ball carrier is running to your right, block with the left shoulder.

(9) The target in blocking a man standing erect may be higher than that for a man in a lineman's defensive stance.

(10) Don't be afraid of blocking too high.

(11) Blocker should attempt to get into position where the defender must come through him in order to get at the ball carrier. Such position will restrict the defender's area in which to maneuver.

(12) Approach the defender directly and attack him—do not throw the body wildly into space where you think he will be.

(13) Causes of blocking failure:
  (a) Tipping off assignment
  (b) Losing feet after contact

- (c) Lack of aggressiveness after contact
- (d) Slow starting
- (e) Not knowing the assignment or uncertainty of assignment
- (f) Loafing

(14) To block well a player must:

- (a) Master technique of blocking
- (b) Know what is to be accomplished
- (c) Make a determined and aggressive effort

DRILLS (SHOULDER BLOCKS AND CROSS BODY BLOCKS)

(a) Blocking on dummies—two men to a dummy, one holding the dummy and the other player blocking.

(b) Downfield blocking and trap blocking drill on dummies.

(c) Skeleton blocking drill against live bait.

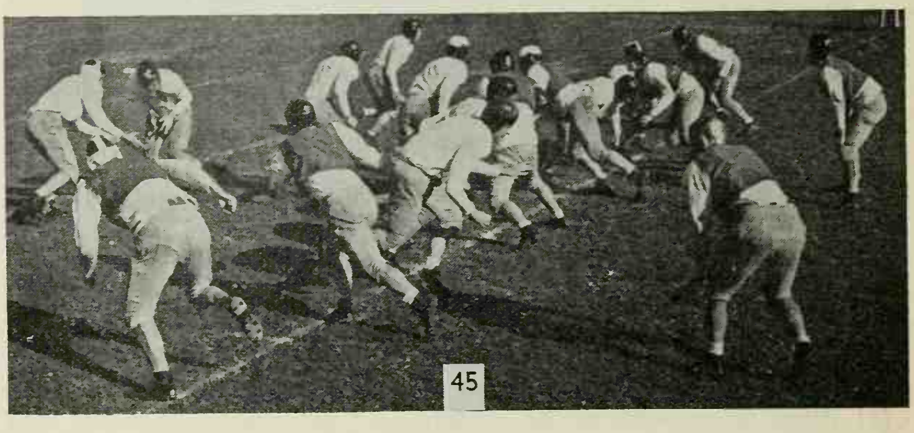


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PLATE 45. *End run showing release of linemen into secondary.*

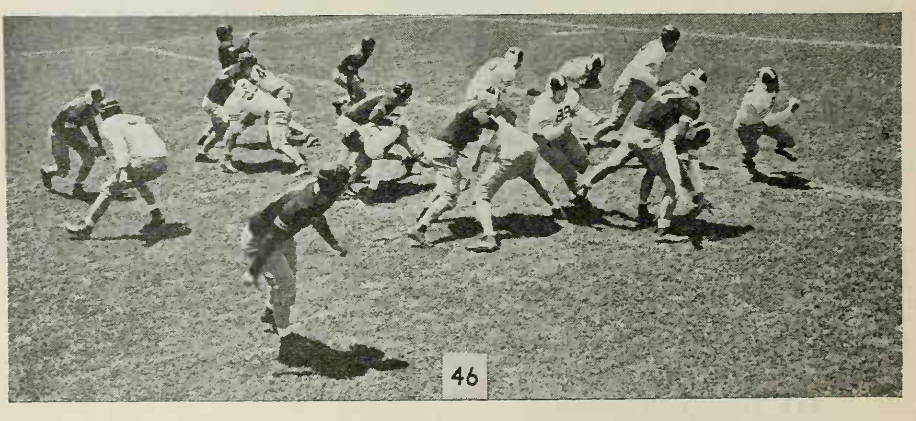

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PLATE 46. *Reverse play showing frog block on defensive right end.*

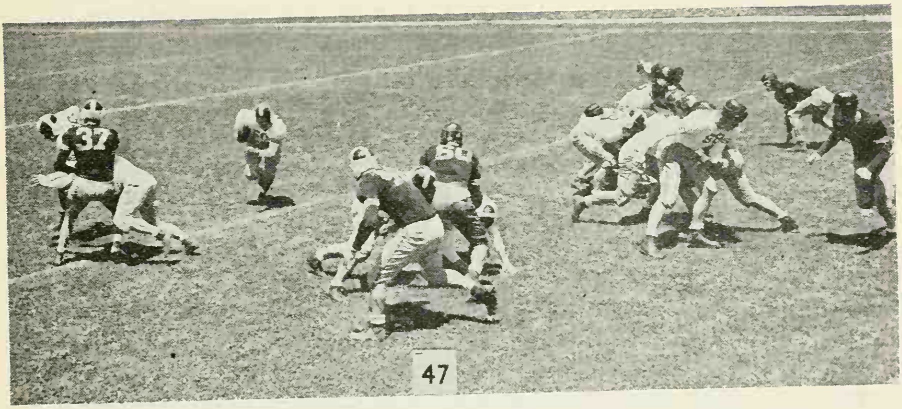


PLATE 47. *Off tackle play showing reverse body block on left defensive end.*

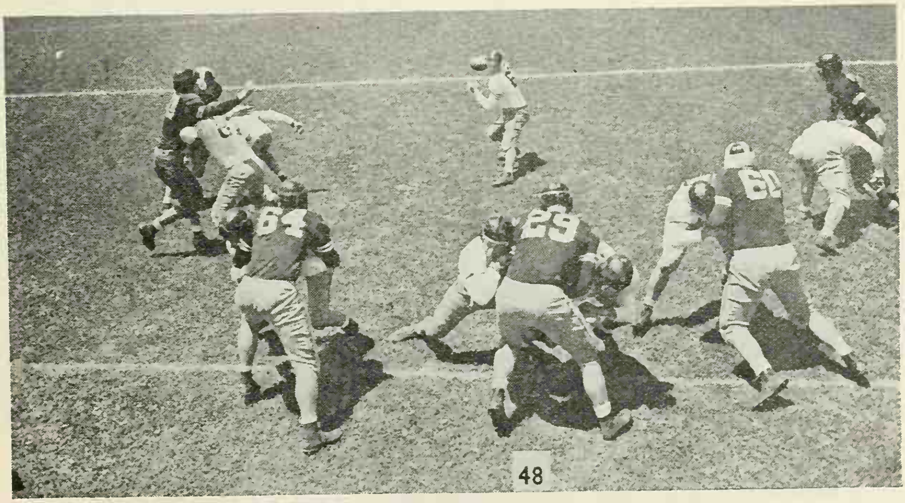


PLATE 48. *Pass play showing pivot blocks by offensive backs.*

CHAPTER VI

Tackling

Tackling is a specialized form of blocking in which a player is permitted to use his hands and arms to stop the forward progress of an opponent who is carrying the ball. Just as blocking is the essence of offense, deadly tackling is the basic fundamental in successful defense. Every man on the football squad must be able to tackle.

To be a good tackler a player must: (a) Perfect the mechanics of tackling against dummies and live bait, (b) Want to tackle—he must have the will to do and make a determined effort at every opportunity. The ratio of importance is expressed by most coaches as 75% desire and 25% mechanics. The coach in teaching tackling should bear this importance in mind so that he does not destroy the 75% in desire in attempting to develop the 25% in mechanics!

ESSENTIAL ELEMENTS OF TACKLING

The essential elements of tackling for a player to remember are: (1) Body control with speed, (2) Head up, eyes on target, back straight, (3) Time the contact, (4) Coil in the legs, (5) Encircle the legs with the arms (6) Full shoulder contact and keep feet.

The Head-on Tackle

This is generally used in those situations in which the ball carrier is limited for space in which to maneuver, for example tackling at the line of scrimmage or in some cases in close secondary.

The tackler should approach the ball carrier with maximum speed and body control. The instant before contact the feet should be spread to a good base, knees bent, body inclined slightly forward, head up, eyes on the target (ball carrier's

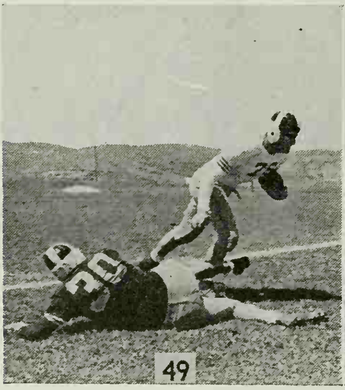


PLATE 49. *Illegal tackle—tripping.*

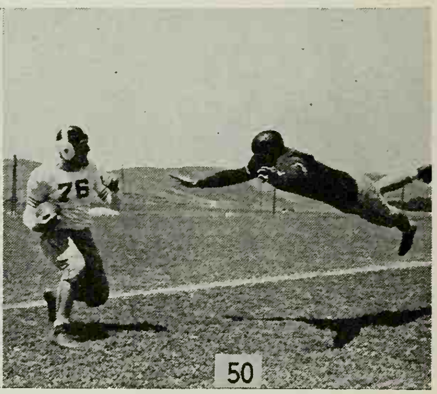


PLATE 50. *Illegal tackle—diving—prohibited as a protection to the tackler.*

midsection) and arms slightly forward. The closest shoulder is driven solidly into the ball carrier's midsection with a simultaneous clubbing of the arms around his legs. Lift the ball carrier by extending body and legs and pull the opponent's legs in tightly against the chest. Drive the ball carrier straight back landing with shoulder in his midsection.

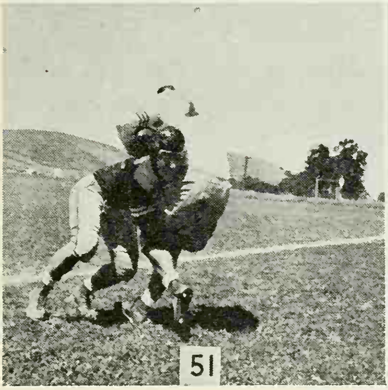


Plate 51. *Legal head-on tackle.*

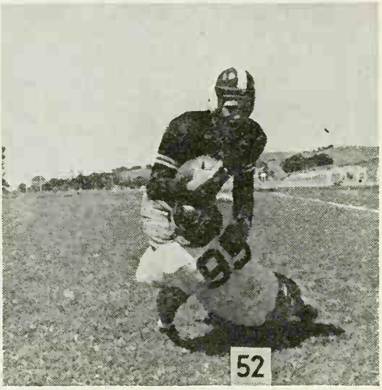
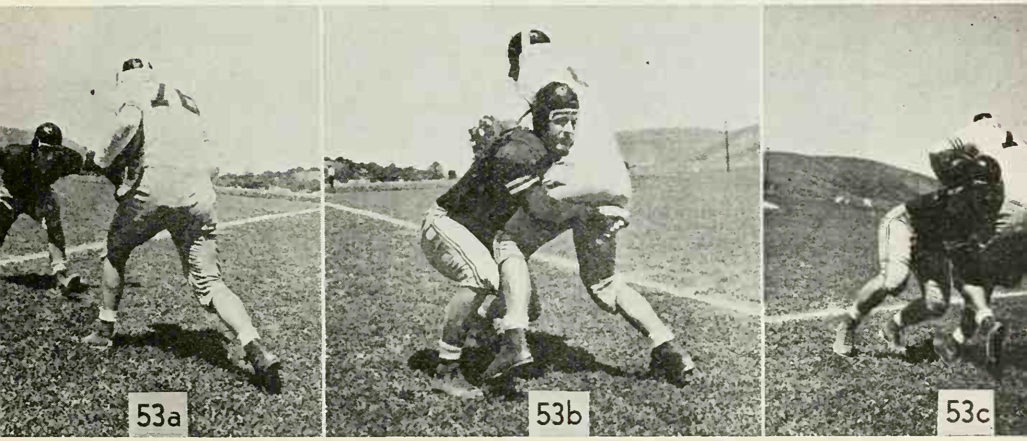


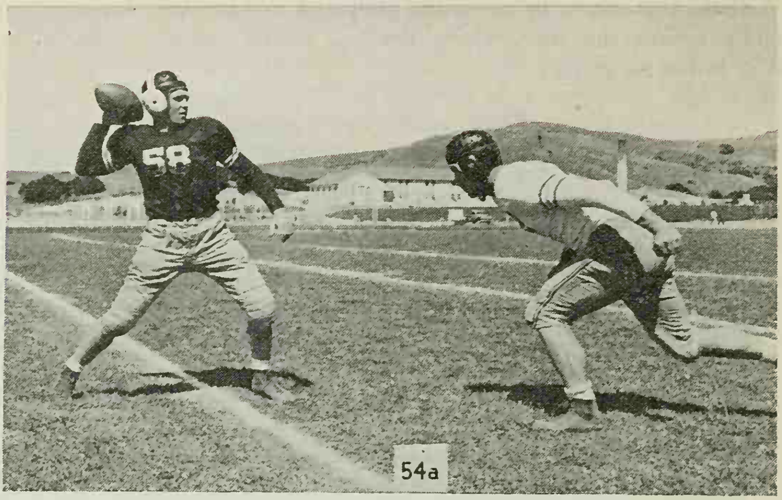
Plate 52. *Legal side tackle.*



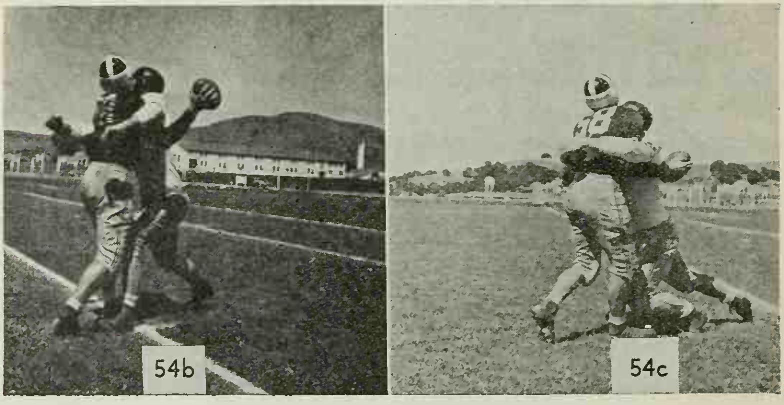
(a) *Approach* (b) *Contact* (c) *Follow through*

Plate 53. The Head-on Tackle

In rushing the passer the tackle should be higher with arms crashing down hard around the passer's neck and pinning his arms before he has a chance to throw the ball.



(a) *Approach*



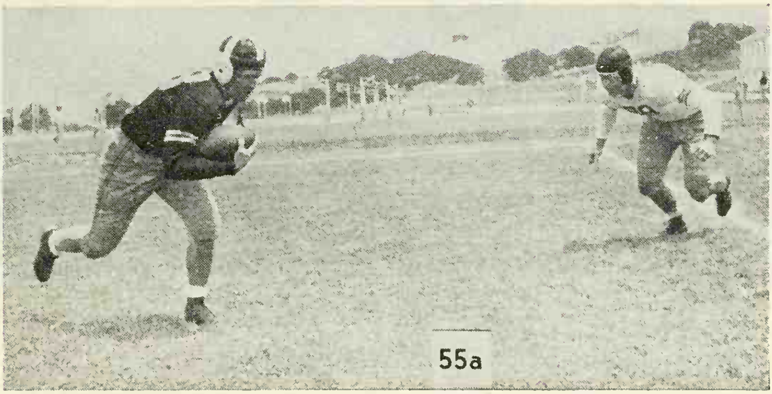
(b) *Contact* (c) *Follow through*

Plate 54. Rushing the Passer

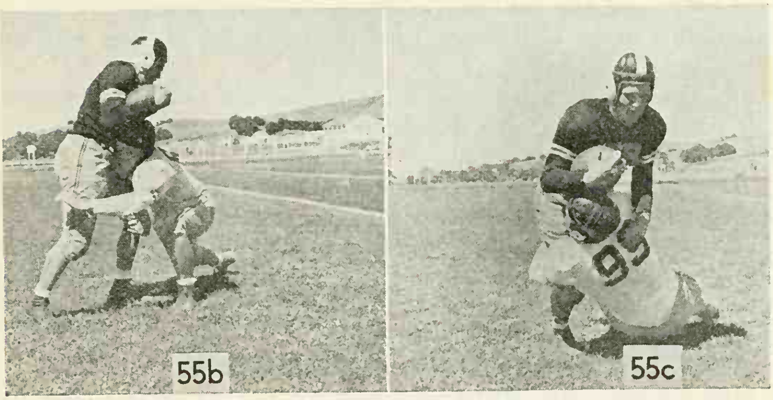
The Side Tackle (Open Field)

The tackler's approach from the side or an angle is the same as the head-on tackle or straight shoulder tackle. The player must make sure that he is close enough to the ball carrier to make contact with his feet well under him. The take off is made with the outside foot; drive the inside shoulder, neck and side of nead partly across and into the ball carrier's midsection simultaneously clubbing the arms around his legs. The arm of the contacting shoulder should be clubbed in a hooking fashion to guard against the ball carrier spinning out of the tackler's grasp.

The tackle is completed by a sharp, downward twist of the body, rolling the ball carrier over the tackler's chest.



(a) *Approach*

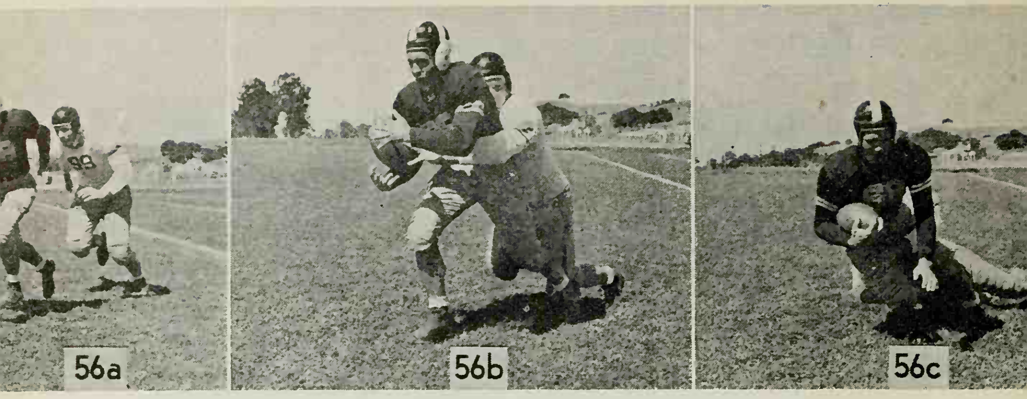


(b) *Contact* (c) *Follow through*

PLATE 55. THE SIDE TACKLE

The Rear Tackle

The same principles of tackling prevail as in the other types. Contact should be made waist high or higher with arms sliding downward to immobilize the ball carrier's legs. Care should be taken that the tackler is close enough when he takes his shot so that the ball carrier's forward progress does not take him out of the tackler's range.



(a) *Approach* (b) *Contact* (c) *Follow through*

PLATE 56. THE REAR TACKLE

COACHING POINTS

(1) Make sure arms are completely around opponent's legs and hold tightly.

(2) Do not release grip until both players have hit the ground.

(3) Tackle the passer high. Many good passers complete passes with tacklers around their legs.

(4) Ball carrier in open field should be maneuvered to such a position that tackler can run him out of bounds if he continues on the same line. If he cuts back he would run into the tackler's arms.

(5) Tackler must have feet spread and knees bent before contact so that a quick change of direction by the ball carrier will not throw him off balance.

(6) Get close enough to the ball carrier so you will not have to leave your feet.

(7) Do not look at ball carrier's feet or eyes—keep your eyes on the target (mid-section).

(8) Drive head close to the ball carrier's side.

(9) Tackle a shifty back high and a hard driving back low.

(10) Meet the ball carrier at the cross-roads.

DRILLS

(a) Tackling the hanging dummy.

(b) Players pair off and tackle each other at half speed.

(c) Tackling on edge of a pit.

(d) Running the gauntlet. Ball carrier weaves in and out a straight line of tacklers.

(e) Combined Tackling and Blocking Drill. Tacklers warding off blocks and making tackle.

CHAPTER VII

Line Play

Modern football has progressed so rapidly and has experienced so many changes that individual positions and their relation to each other in regard to the efficient operation of the entire line must be given special consideration. Linemen today must be fast, clever and intelligent as well as being aggressive, courageous and strong.

OFFENSIVE LINE PLAY

CENTER—GUARD—TACKLE

The charge of a lineman is an explosive, propelling movement forward or to either side with head up, bull neck, back straight, and feet spread, contacting the opponent with shoulder, neck and side of head and immediately driving him straight back or to either side.

The Lunge Charge (With upper arm extended)

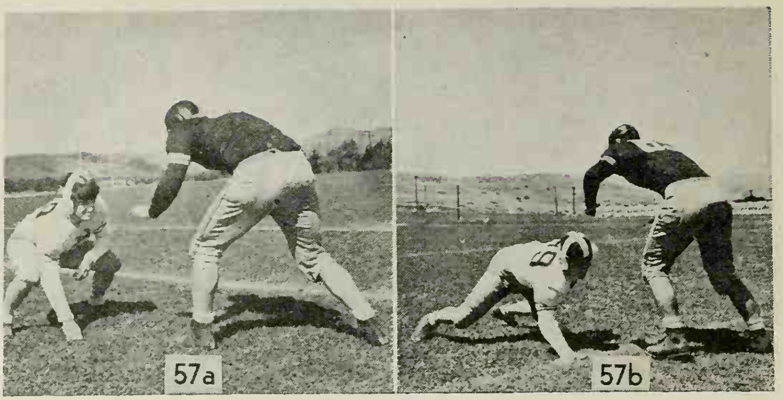
This charge is accomplished by propelling the body forward or to either side by a powerful extension of the legs and body. (Uncoiling or springing.) In the split second movement across the line of scrimmage the legs are recoiled so that immediately upon contact the feet are spread and well under the blocker and he can follow through with a powerful leg drive. In turning an opponent, the foot opposite the contacting shoulder, and opposite the direction in which the blocker intends to take his opponent, should be advanced. Regardless of the position of the feet in the original stance, they may be shifted to the proper position at contact in that split second movement across the line of scrimmage.

For example, if a player takes a stance with his right foot back and his assignment is to block or turn the opponent to the left, he should uncoil, and in his movement across the line of scrimmage should shift or bring the right foot forward so that at the instant of contact the right foot is advanced and well to the outside of the opponent ready to apply the pressure necessary to turn him to the left. This charge involves the combining of the uncoil, the recoil, the contact and the follow through in one complete motion.

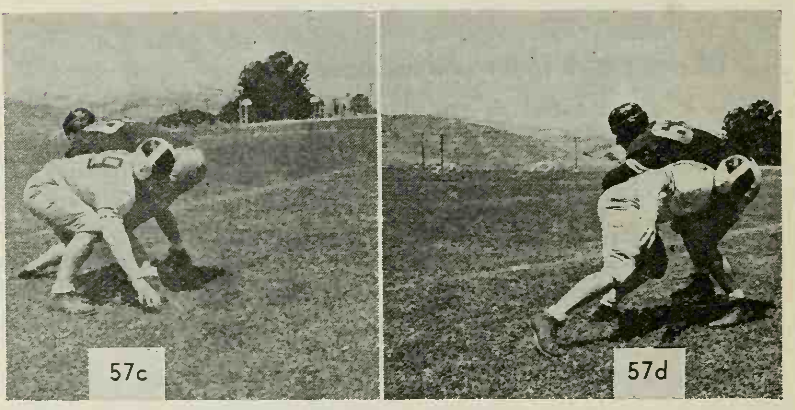
The Lunge Charge on All Fours

This charge is executed in much the same manner as the lunge charge with upper arm extended, the principal difference being the target and the blocker's position at contact and on the follow through.

The blocker should aim at the defender's knee, and at contact be in a position on all fours (both hands on the ground), head up and back parallel to the ground. Punch is added to this charge by driving the inside arm hard between the legs



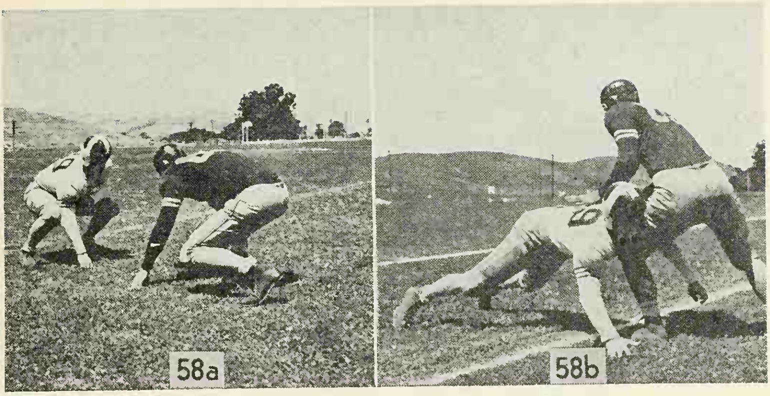
(a) *Stance* (b) *Uncoil*



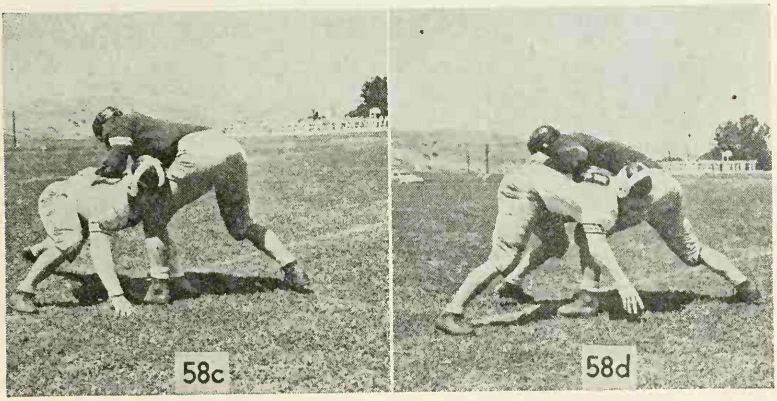
(c) *Contact* (d) *Follow through*

Plate 57. The Lunge Charge (upper arm extended)

of the defender. The blocker then follows through on the all-fours position. Coaches have made good use of this type of charge with players who have difficulty in maintaining body balance. A position on all fours gives the blocker great stability, considering of course that he has his feet spread. It must be remembered, however, that from the low blocking position a defender has the possibility of reaching over the blocker to snag the ball carrier.



(a) *Stance* (b) *Uncoil*

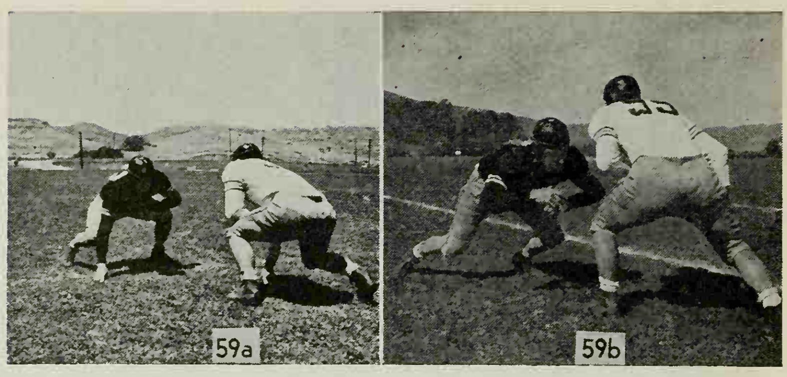


(c) *Contact* (d) *Follow through*

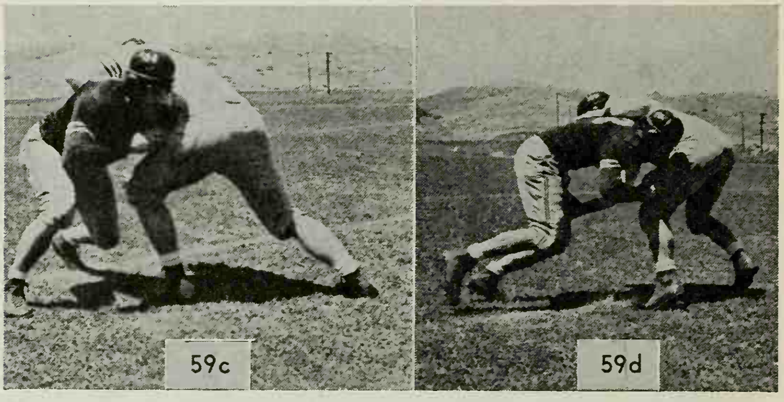
PLATE 58. THE LUNGE CHARGE (ON ALL FOURS)

The Step Charge (With upper arm extended)

This charge is performed with the entire body moving forward with the initial step, head up, back straight, feet spread, using short chopping steps. The first step is taken with the foot opposite the blocking shoulder. This step should be long enough so that contact is made as the foot bites the ground. The other foot should be quickly brought up for the follow through. *Short, choppy steps* should be used—do not hop. The blocker must guard against pausing between steps.



(a) *Stance* (b) *Step*



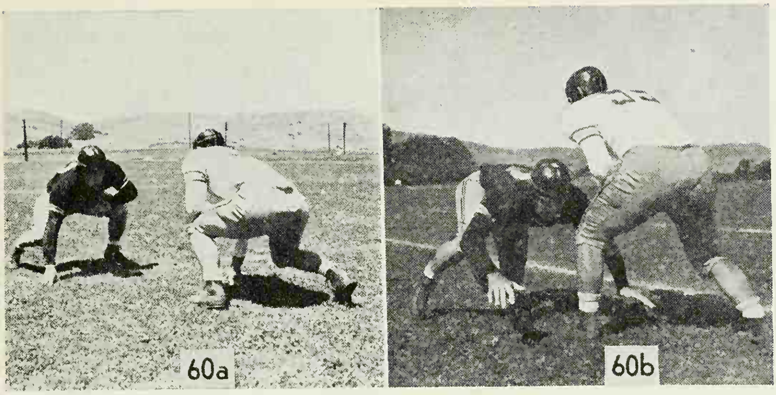
(c) *Contact* (d) *Follow through*

Plate 59. The Step Charge (upper arm extended)

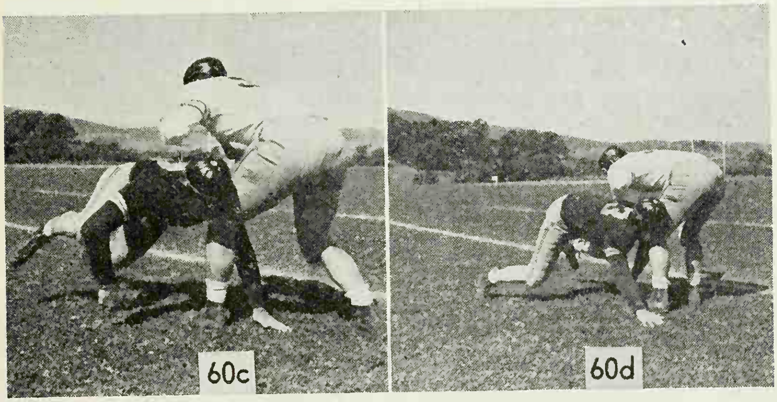
The Step Charge (On all fours)

This charge is executed in the same manner as the step charge with upper arm extended with the exception of the target and the position at contact. The blocker should aim at the defender's knee and hit on all fours at contact, following through in this position.

Lead and Post Blocking is considered here to be that blocking which is consummated by two adjoining offensive players on the line of scrimmage. Lead and Post blocking, sometimes referred to as the block of an end and wingback, on a defensive tackle, will be taken up under "Blocking the Tackle" in Chapter VIII on End Play.



(a) *Stance* (b) *Step*



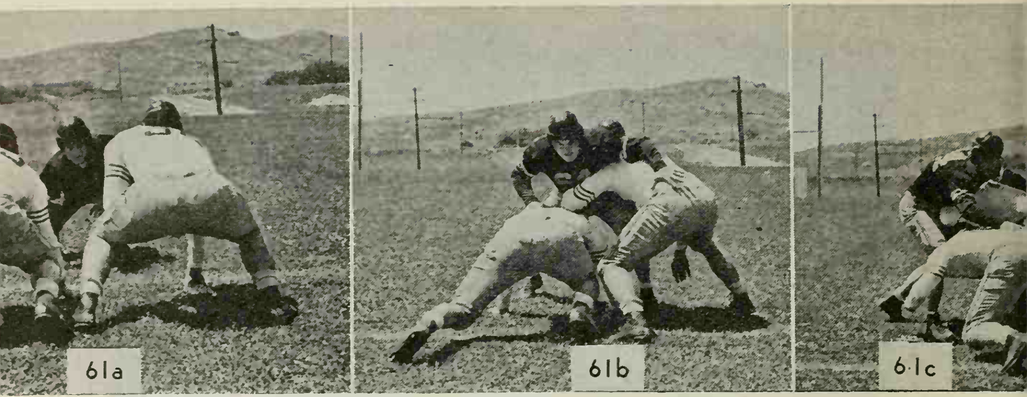
(c) *Contact* (d) *Follow through*

Plate 60. The Step Charge (on all fours)

The two methods of Lead and Post blocking are: (1) Post in the crotch of the defender and (2) Shoulder post on the defender.

The Post Block in the Crotch of the defender is executed by both players charging simultaneously, the lead blocker or turning blocker contacting the defender with a shoulder block, the foot opposite the blocking shoulder advanced; the post or set-up blocker drives his head with a lifting motion into the crotch of the defender, advancing the leg nearest his teammate. To turn the defender, a quick shifting of the feet of the two blockers in the direction opposite the turn is necessary. The lead blocker applies the pressure to turn the defender and the post blocker stops his forward progress and keeps him from breaking through.

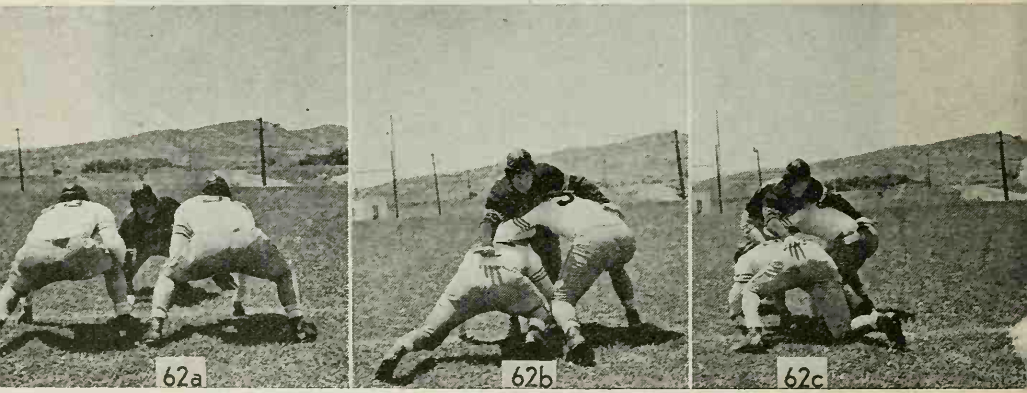
For example, if the play assignment called for the defender to be moved to the left (offensive left) the lead blocker would contact the defender with the left



(a) *Stance* (b) *Contact* (c) *Follow through*

PLATE 61. LEAD AND POST BLOCKING (POST IN CROTCH OF DEFENDER)

shoulder and right foot advanced. The post blocker would contact the defender with head in his crotch and right foot advanced. The right foot advanced in this case by the lead blocker, starts the turning pressure immediately, while the right foot advanced by the post does not detract from the turning pressure of the lead blocker.



(a) *Stance* (b) *Contact* (c) *Follow through*

PLATE 62. LEAD AND POST BLOCKING (SHOULDER POST ON DEFENDER)

The Shoulder Post on the Defender has the same objective as the block above, the difference being that both offensive men use a shoulder block. The post in this case must be certain the defender does not break between them and also, after contact, that he does not work against his teammate. Some coaches prefer to have the post blocker extend the inside arm to the ground to aid in stopping the forward progress of the defender. Referring to the example given in the lead with the post block in the crotch, it can readily be seen that if the post blocker, using his shoulder, had his left foot advanced he would more than likely work against his teammate.

Double Teaming

In this situation two offensive linemen, two offensive backs or one lineman and one back team up shoulder to shoulder to drive one defender straight back or out of the play area. The blockers must stay shoulder to shoulder to apply the proper punch and not be split apart. Both blockers use the shoulder block with the blocker on the side which the ball carrier is to pass applying the added pressure. The action of one blocker applying the added pressure brings in the element of both blockers acting together in a shifting or pivoting movement to turn the defender away from the path of the ball carrier. This type of blocking is commonly used in short yardage situations.

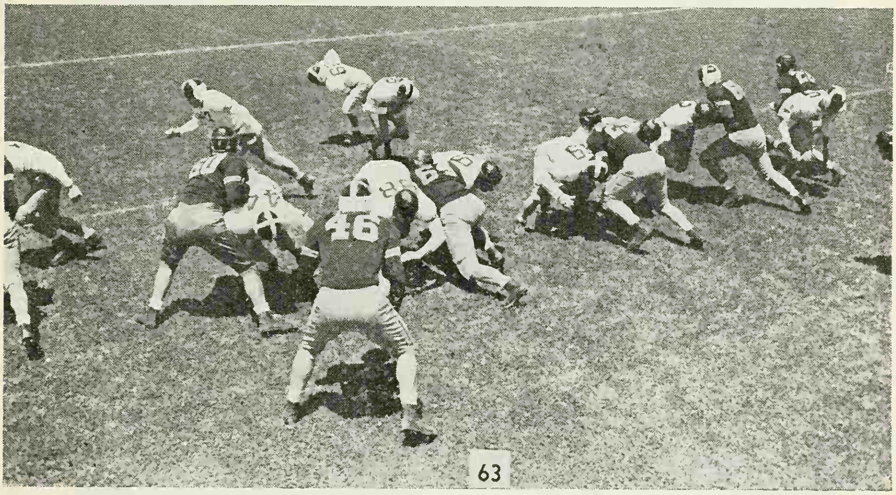


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PLATE 63. *Play showing good line charge.*

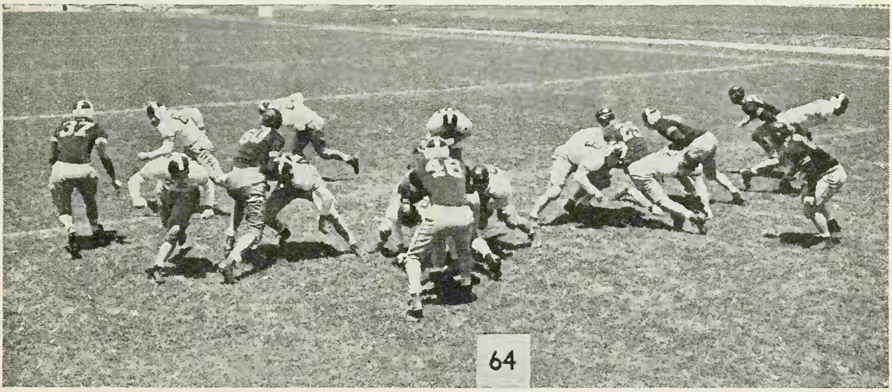

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PLATE 64. *Play showing lead and post blocking.*

Pulling Out of the Line

Pulling out of the line to block is an extremely important fundamental. The player must get away quickly without telegraphing his movements and he must move with his body under control. The initial movement out of the line and getting under way should be one complete action. The pulling lineman may have various duties such as leading the play, trapping, cutting off, double teaming, protecting the passer and handling the ball. The three most commonly used methods are:

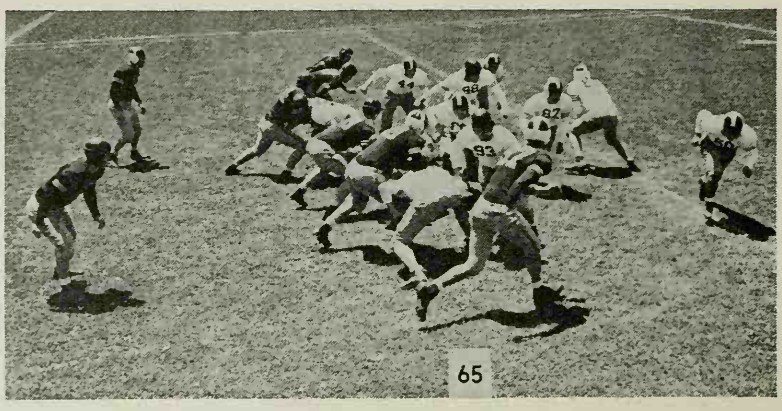

PLATE 65. *Play showing linemen pulling out into interference.*

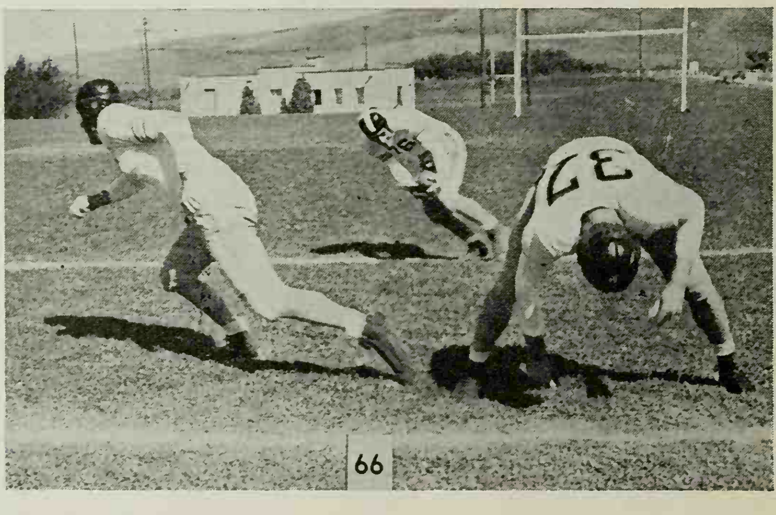

PLATE 66. *The step out.*

Step Out in which the player in one motion steps with the right foot (if going to the right, and vice versa), driving with the other foot, pushing with hand on the ground, swinging the other arm and pivoting his body at the same time. The body should be kept low while pivoting and the step short. The depth of the step into the backfield will depend upon the particular play. If assigned to lead, trap or double team, the step is generally shallow; if assigned to block for the passer the step is generally deeper.

The Cross Over in which the player in one motion pivots and drives on his outside foot while crossing over with his inside foot, the hand on the ground aiding the pushout. The body should be kept low and care should be taken to pivot enough to clear a teammate on the cross over step.

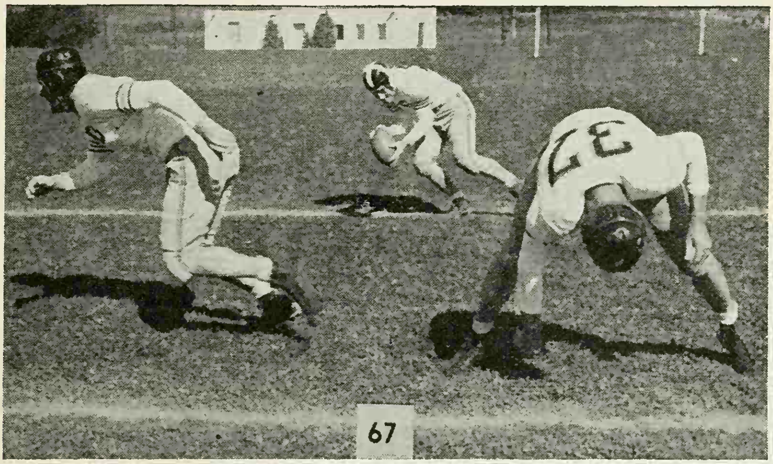

PLATE 67. *The cross over.*

The Cross Over from a Deep Staggered Stance.—In this method the player takes a deep staggered stance, placing the right foot, if going to the right, far back. (If pulling to the left he should place the left foot back.) In one movement he pivots on the back foot, while crossing over and placing the inside foot parallel to the line of scrimmage. This method, although seldom used, has met with considerable success.

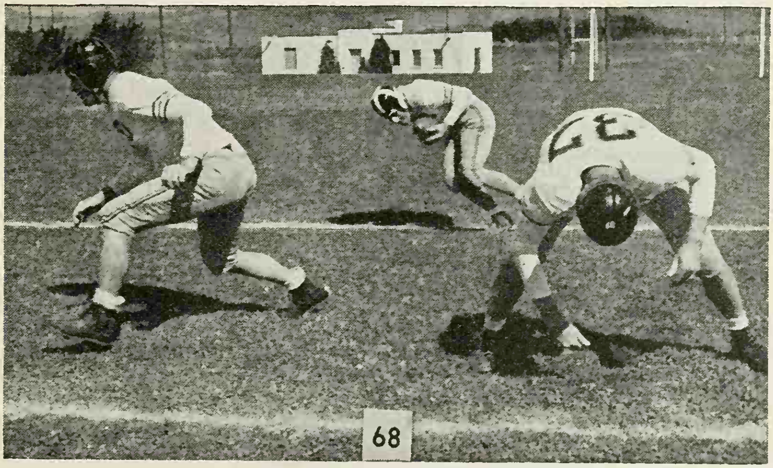

PLATE 68. *The cross over from a deep staggered stance.*

Check Blocking

Check blocking is filling or plugging the gaps left by players pulling out of the line. The blocker in plugging the gap not only has a blocking responsibility but the importance of his job is increased because of the opening which allows a defender to drive through without resistance. The importance of check blocking in the line cannot be stressed too much. A team may be equipped with excellent plays, but poor check blocking will absolutely ruin their operation. It becomes a demoralizing factor to the backfield if defensive linemen are allowed to break through and drop a back before he gets started.

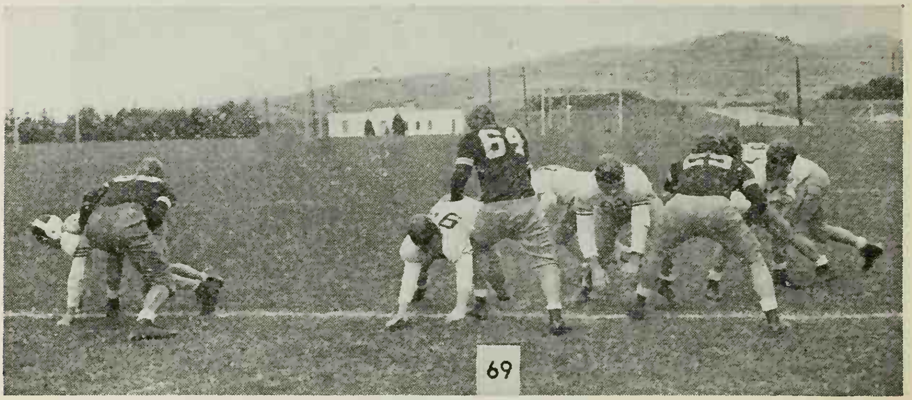

PLATE 69. *Pulling out and checking. Note body blocks and center stepping back.*

To effectively check block, a player must (a) Know the play, (b) Be alert for break through or a slide by the defender, (c) Be prepared to execute different blocks, depending on the position and play of the defender.

Checking blocking may be roughly divided into three categories:

Blocking into the Gap in which the blocker places his body in the hole. In using *the cross body block* the player would pivot on the inside foot, cross his body into the gap, thrust hands to the ground. On contacting the defender, the blocker should work his feet and attempt to apply a knee hook with the outside leg. It is important that the blocker keep the inside leg straight to be used as a brace. The blocker may also use a *shoulder check,* executed by a quick side step into the hole, bringing his arms up and close to his body to widen the blocking surface and keeping the head between the defender and the play. The center may also use the shoulder check by stepping back or opening up, thereby forcing the defender around and making him late for the play.

Charging the Defender in which the blocker moves toward the defender meeting his charge with a shoulder block, driving him away from the play. The blocker may also use a knee block which would protect against a straight break through or slide by the defensive man.

Waiting for a Declaration by the defensive man involves a split second hesitation on the part of the blocker to determine whether the defender will break through or move laterally. The blocker on declaration of movement, by the defender, may then execute a cross body block, shoulder check, shoulder block or knee block.

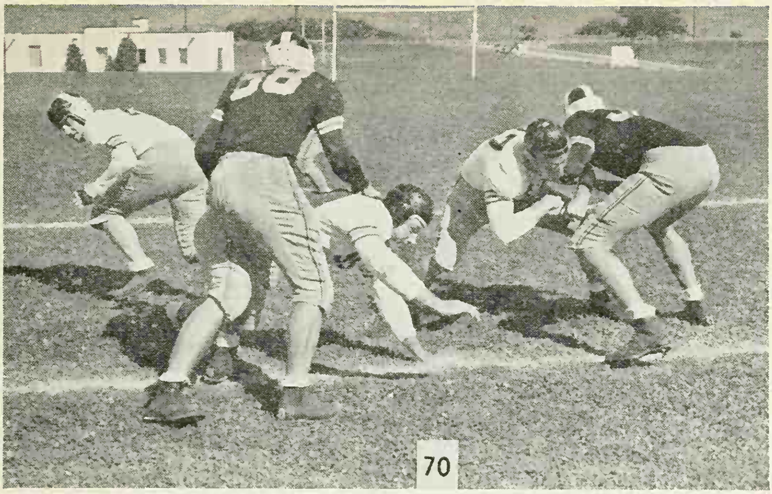

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PLATE 70. *Blocking into the gap and center shoulder checking.*

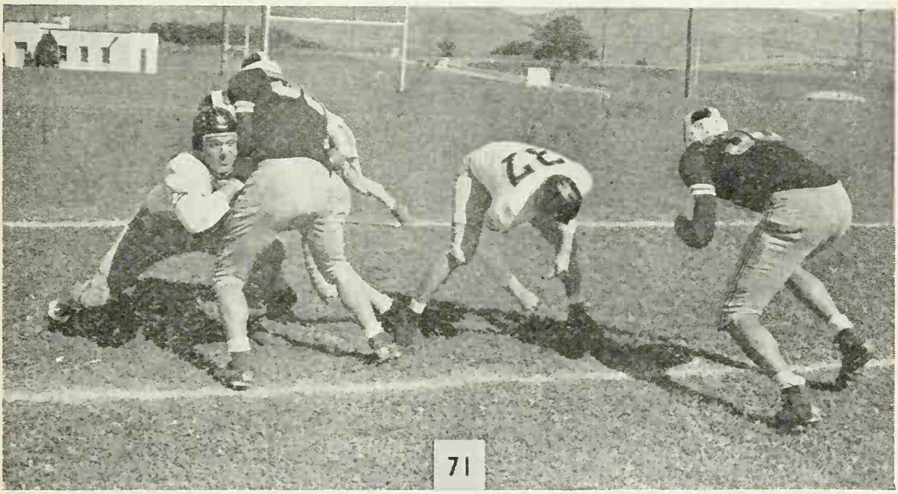

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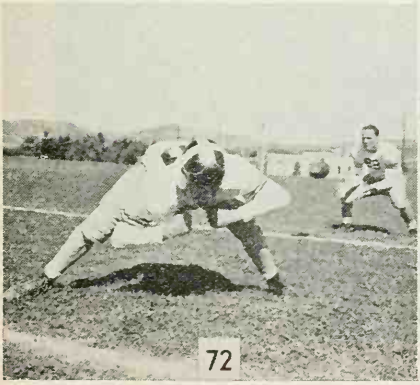
PLATE 71. *Shoulder check.*



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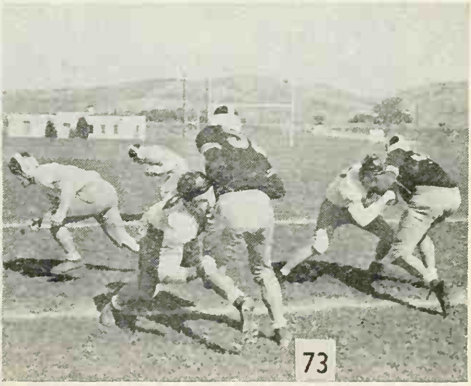

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PLATE 72. *Center stepping back.*

PLATE 73. *Charging the defender.*

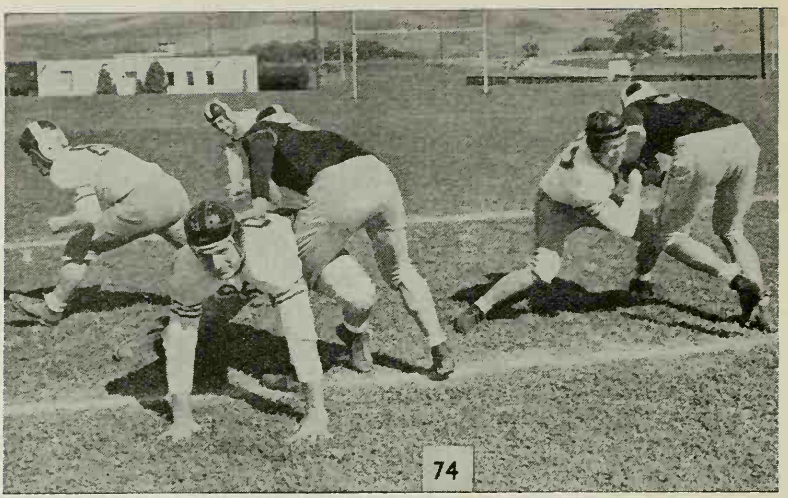


PLATE 74. *Knee block.*

Downfield Blocking

Downfield blocking is essential in making extra yardage, and is wholly responsible at times for making a play go all the way; it is imperative that linemen who do not have assignments at the point of attack, execute their primary duty then break through to block in the secondary. A player may have a momentary task on the line of scrimmage due to the fact that he is far removed from the point of attack and this man and others in the same category should be further utilized in blocking downfield.

Consistent downfield blocking by linemen is seldom realized. The primary reasons for this situation are carelessness, fatigue, and laziness on the part of the player and

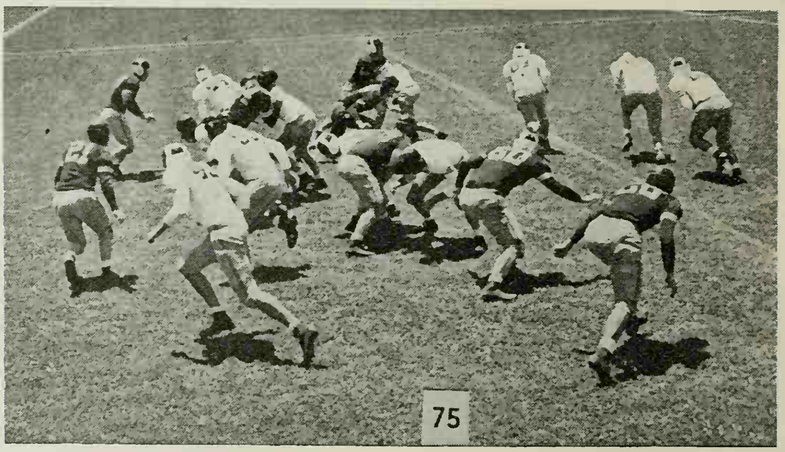


PLATE 75. *Play showing linemen breaking through for secondary.*

failure of the coach to emphasize it sufficiently. The failure of the ball carrier to break away may also be a disconcerting factor. A coach can develop good downfield blocking only by constantly emphasizing its importance and by frequent down field blocking drills. In their daily blocking practices, many coaches insist that every blocker break down the field 5 yards after having executed his primary blocking assignment. This causes downfield blocking to become automatically a part of the charge.

Blocking for the Passer

Blocking for the passer generally entails the bringing back of one or more linemen into the backfield, near to the spot from which the passer will throw. Linemen should be ever alert to keep opponents away from and out of the passer's zone. To protect the passer it is necessary for the blockers to have inside position in order that they may block out and shed the rushers from the passer's area. The blocker, pulling out to protect the passer should make use of the defender's onrushing speed to force him away from the passer. In other words, the blocker should deflect the charge of the defensive man to the outside of the passer.

The block most commonly used in this maneuver is the *shoulder pivot block.* The blocker should use a body block with feet working vigorously, if the shoulder pivot should fail. Blockers on the line of scrimmage should give the open gate to opponents, i.e., if the defensive man is on the blocker's outside, the blocker should keep his body inside and invite the opponent to come through, then force him to the outside. A common fault of an inexperienced lineman is to step in front of the defensive man thereby allowing him the choice of going on either side.

If the defensive man is in front of the blocker, the blocker should use a *shield block.* If the defensive man is playing to the inside of the blocker, the offensive center may be assigned to drop back one or two short steps, after passing the

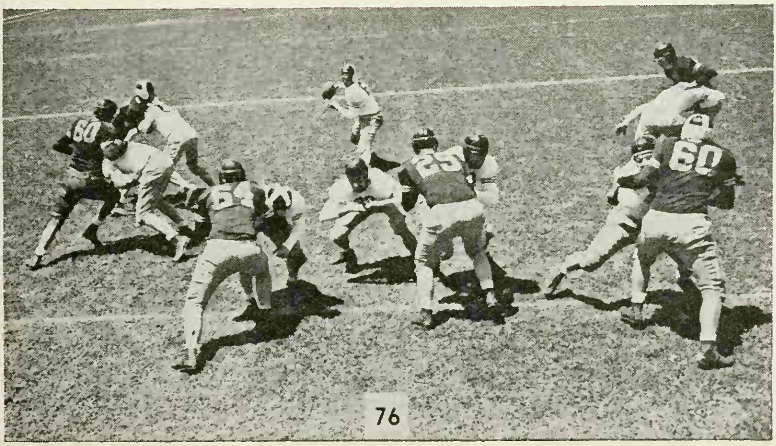


PLATE 76. *Blocking for the passer—balanced line. Note center has dropped back a short distance.*

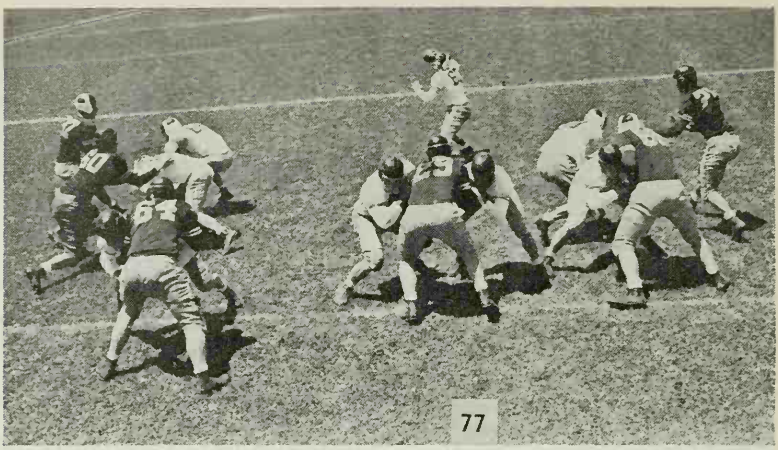


PLATE 77. *Blocking for the passer—unbalanced line. Note position of blockers in relation to rushers.*

ball, letting his teammates on either side block the opponent or opponents into him. Thus one or two defenders may be dumped or squeezed between three blockers. The blockers on either side of the center in this case should use a shoulder pivot block.

Some coaches prefer not to bring any linemen into the backfield to block for the passer. In this case the players should block man for man on the line of scrimmage, that is guard on guard, tackle on tackle and the center giving ground.

Blocking for the Kicker

Blocking for the kicker is a twofold responsibility for linemen. They must keep opponents out of the kicker's area (often called No Man's Land) and they must cover the kick. Linemen should not be sacrificed to cover the kick at the expense of adequate protection, which oftentimes causes faulty kicking as well as blocked kicks. There may be situations in which only four linemen are necessary for protection. Linemen should be alert to recognize various defensive situations and to know when they should block or release.

A popular scheme is to build a solid wall on the line of scrimmage and this is done by the guards and tackles protecting the territory directly over them and the seam to their inside (blocking to the center). The players must be careful not to narrow the width of their base (feet spread) and should not turn their shoulders. The *shoulder check block* may be used to good advantage in this case. The blockers should be alert and not be pushed or pulled out of position by defensive men using punt blocking stunts. It is advisable to have linemen take a short step back to avoid being pulled or pushed out of position.

Usually the ends leave the line of scrimmage with the snap of the ball, but at times the situation calls for them to block before covering the punt. Some coaches prefer man for man blocking which will release one or two linemen to cover, in addition to the ends. There are several methods of protecting the kicker, and all of them have been successful; the important thing is to have a plan, and for the players to understand the plan and make it fit the various defensive patterns confronted. The blockers should have a definite understanding in regard to the one who is to release and the one who is to block. In all events, all linemen should cover by fanning out once the kick is away.

When kicking from near your goal or against an unusual defense, the important thing is to get the kick away—emphasize protection.

On place kicks, and drop kicks (point after touchdown) the ends are usually in tight to the tackles and thus the entire line forms a wall. Here again the blockers should not narrow their base or turn their shoulders thereby narrowing the blocking surface. They must be careful not to be pulled or pushed out of position; each man is responsible to see that no opponent goes over him or breaks through the inside seam.

The timing of a short jab step at contact with the opponent will help absorb the shock of the defender's charge. On place kicks and drop kicks from the field (field goal try) linemen should be alert to cover after the kick is away.

Play of the Center

The play of the center is like that of other offensive linemen with the additional responsibility of passing the ball. The importance of this position cannot be stressed too much—the center starts every play and if his passes are not accurate and well timed, the play will suffer. Poor passes cause fumbling and materially contribute to uncertainty among the backs. A good motto for the center is "Not too high, not too low, not too fast and not too slow."

The two types of passes from center are *The Spiral Pass* and the *End Over End Pass*. The *spiral pass* is made in much the same manner as the overhand spiral pass. The right hand is placed toward the front of the ball with the fingers spread on the side and partly under the ball. The left hand, or guiding hand, rests lightly on the left side and toward the rear of the ball with the fingers spread and thumb parallel to a seam of the ball. The pass is made almost entirely with the right hand, the left hand serving as a guide. Both hands should follow through with the ball to insure accuracy.

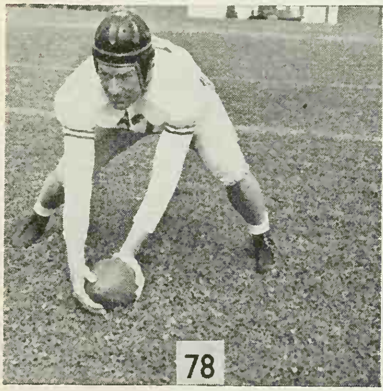


PLATE 78. *Spiral pass. Note position of hands on ball.*

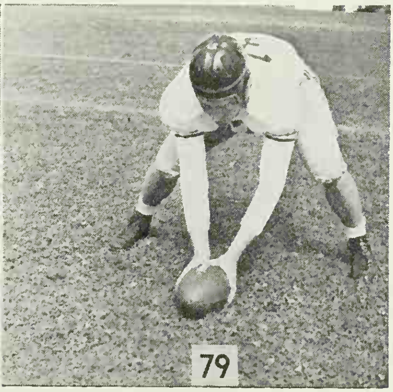
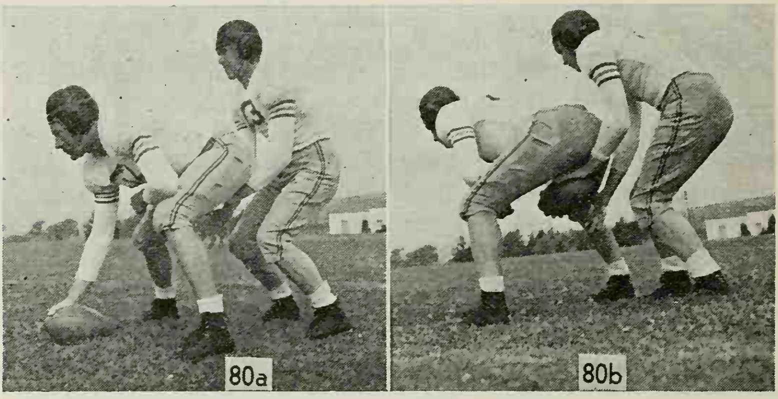


PLATE 79. *End over end pass. Note position of hands on ball.*

The End over End Pass is made by placing both hands on the rear part of the ball, the thumbs being placed on the laces with fingers spread. As the ball is started back between the legs it is given impetus by snapping both wrists and the action is completed by a short follow through with the arms.

The center has various passes to make and he should practice them daily with receivers and with the aid of the quarterback's signal cadence. Passing on the cadence will aid timing. The receiver should be critical of the center's passing and work with him to improve his technique.

The several varieties of passes and their speeds are as follows: (1) *Punt Pass:* as fast as the center can make it, at the kicking leg and just above the hip. (2) *Lead Pass:* of intermediate speed, timed to arrive at a certain spot for the receiver. (3) *Buck Pass:* hang in air for line plunger to run through it. (4) *Soft Pass:* to spinner backs. (5) *Place Kick Pass:* low and fast to receiver's hands. (6) *Blind Pass:* a light, fast lift of the ball from the center's hands (or hand) to the hands of the quarterback; as in the "T" formation. In this pass the center thrusts the rear point of the ball into his crotch and into the waiting hand of the quarterback. The "T" center should work a great deal with his quarterback counting the cadence in order to insure a good pass and a quick getaway to block.



(a) *Position* (b) *Pass*

PLATE 80. BLIND PASS

The center must concentrate on making his pass good and then as quickly as possible after the pass is made he charges as other linemen do. The center being thus handicapped must learn to charge lifting the head as he goes forward. Some coaches prefer to have the center move slightly forward dropping to one knee, both arms straight, hands on the ground and then lift himself up and move forward from this position.

Some coaches do not give the center an assignment in the line of scrimmage but rather have teammates to either side give him special support. Centers may also be used to pull out into interference, and pull back to protect the passer. The center may be used to good advantage in breaking through to block in the secondary. The "T" center is not saddled with the same handicap, due to the blind pass he becomes as quick moving and as valuable a blocker as any other lineman.

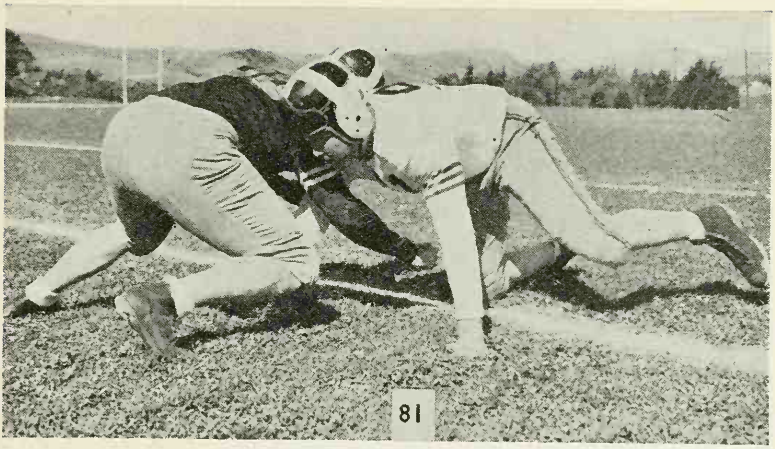
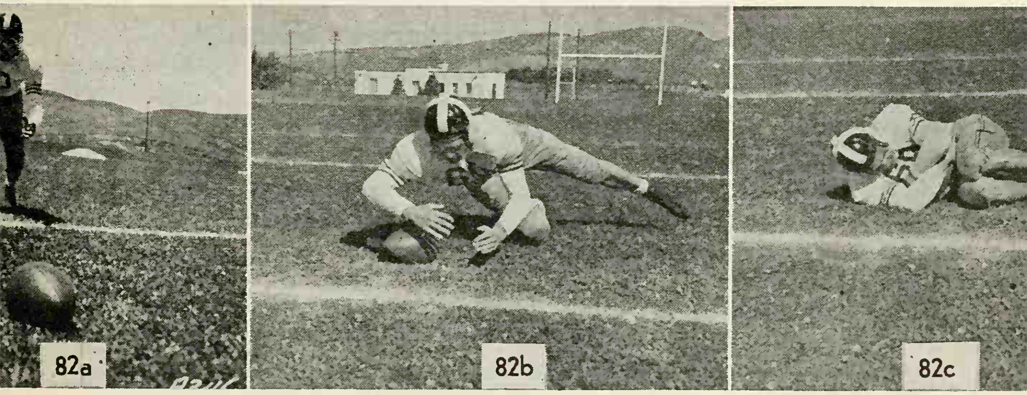


PLATE 81. *Center passing and charging. Note center has dropped right knee to ground.*

Falling on the Ball

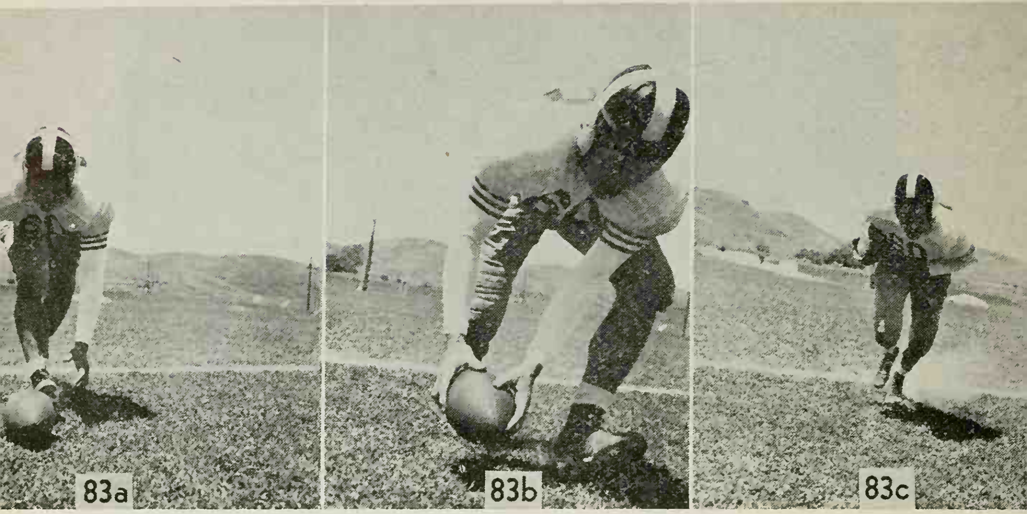
Falling on the ball is an important fundamental and should not be overlooked. Many games have been lost by failure to recover a fumbled ball or blocked kick. Players should be ever alert to fall on the ball to obtain possession of it, or pick it up if the situation allows (blocked kick) and run with it. The player should hit the ground close to the ball, sliding on his hip and side, pulling the ball into his belly with both hands, and covering up by drawing his legs up and his shoulders down.

In picking up the ball, the player should bend the knee close to the ball, reach down and scoop with one hand, the other aiding to get possession of it. If the situation is dangerous the player should fall on the ball. If several players are after a free ball and two of them are teammates, one should block the opponents while the other goes for the ball.



(a) *Approach* (b) *Falling around and sliding into ball* (c) *Covering up*

PLATE 82. FALLING ON THE BALL



(a) *Approach* (b) *Scoop* (c) *Possession*

PLATE 83. PICKING BALL UP

COACHING POINTS (OFFENSIVE LINE PLAY)

The Charge

(1) Get a good, comfortable stance; do not lean or point toward play.
(2) Eyes on target, split vision and head up.
(3) Consider legs as coiled steel springs ready to be sprung.
(4) Be set; get away quickly.
(5) Keep feet well under body and follow through.
(6) Keep body between opponent and play.

Pulling Out

(1) Do not point with eyes or body. Keep same position as straight ahead charge.
(2) Practice to accomplish one fast movement out of the line.
(3) If you are slow getting out, you will be better off staying in.
(4) Run close to scrimmage line if leading or trapping. Step deeper if blocking for the passer.
(5) Run with body in natural running position.
(6) Begin turn upfield as you approach the hole.
(7) Do not look back while running interference.
(8) Do not pass up an opponent who has broken through in front of you.
(9) Do not run around a split in the line, if you can dart through and block the linebacker.
(10) Attack the man, not the position.
(11) Do not leave your feet, you are no good sprawled on the ground.

Check Blocking

(1) Be alert for varying position of defensive player.
(2) Use the block that will effectively check that particular defensive man
(3) Fulfill your primary assignment and then block downfield.

Downfield Blocking

(1) Break through and block into secondary.
(2) Block at the point of attack.
(3) Be a ball follower and a ball hawk.
(4) Linebackers must be blocked.
(5) Do not leave your feet. Remember you are of no value on the ground.

Blocking for the Passer

(1) Give rushers the open gate one way and invite them in.
(2) Keep body under control.
(3) Use momentum of opponent as aid in blocking.
(4) Meet pass rusher at the cross roads.
(5) Blocking angle is very important; try not to give opponent two ways to go.
(6) Know how long to stay with block (know the pass play).
(7) Block and cover against interception.
(8) Use any kind of a block as a final effort if you are losing the opponent.

Blocking for the Kicker

(1) Do not be pushed or pulled out of position by defensive stunts.
(2) Be alert for extra men coming close to or in to the line to rush the kick.
(3) Do not loaf going down under punts.

The Center

(1) Make your passes accurately.
(2) Practice a great deal with your receivers.
(3) Do not point the ball.
(4) Pass well and then block.
(5) Follow the ball.
(6) Swing your arms freely through the legs—wrists loose.

Drills (Offensive Line Play)

(a) Practice charging against dummy; Practice various parts of charge against dummy.
(b) Practice all blocks against dummy.
(c) Uncoiling and diving on stomach to develop leg drive.
(d) Charging on all fours from set position.
(e) Charging on sleds.
(f) One against one—all blocks.
(g) Two against one—Practice lead and post blocking and double teaming
(h) Three against one.
(i) Combination drill for pulling—leading to block the linebackers and halfbacks; trapping.
(j) Line unit work to develop all blocks and to develop protection for passer.
(k) Punting Drills to develop kick protection.
(l) Falling on the ball.

DEFENSIVE LINE PLAY

Inasmuch as tackling is the essence of a successful defense and in order to tackle it is necessary to get to the ball carrier, various methods and stunts must be practiced and perfected to get linemen into position to tackle. All linemen cannot perfect the same mode of attack as a general rule, therefore it is necessary to find out how a particular lineman may best operate to fulfill his responsibility in the defense. Often a player will be far more effective in certain maneuvers that he has personally developed and if such is the case he should be allowed to use them to full advantage. Player "ideas" however, should not be allowed to the extent of breaking down or sacrificing the even balance of the team defense.

It must be kept in mind that the defensive play of the guard and tackle are different due to their position in the defensive set-up. Ordinarily the defensive guard is opposed and subjected to the possibility of two immediate blocks, the play reaching him quickly. He must be entirely capable of playing the two blocks and protecting his territory.

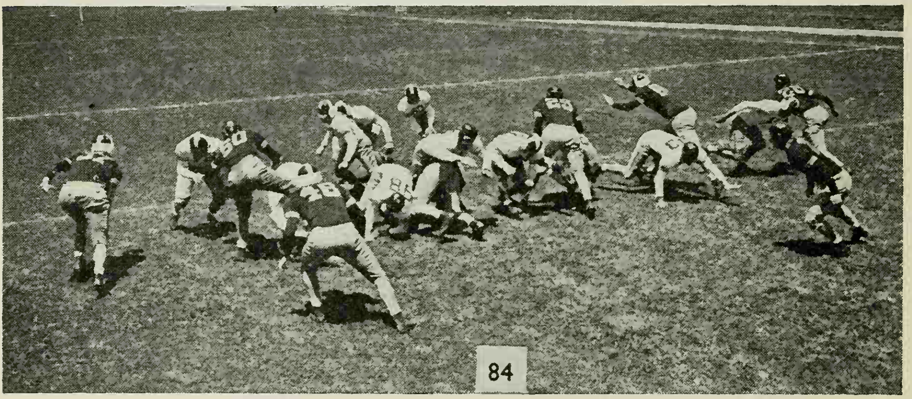


Plate 84. *Play showing various defensive stunts. Note limp leg by left tackle, submarine by left guard and knifing by right guard.*

The defensive tackle on the other hand is generally opposed by one immediate blocker and the play does not reach him so quickly, therefore he does have more opportunity to maneuver.

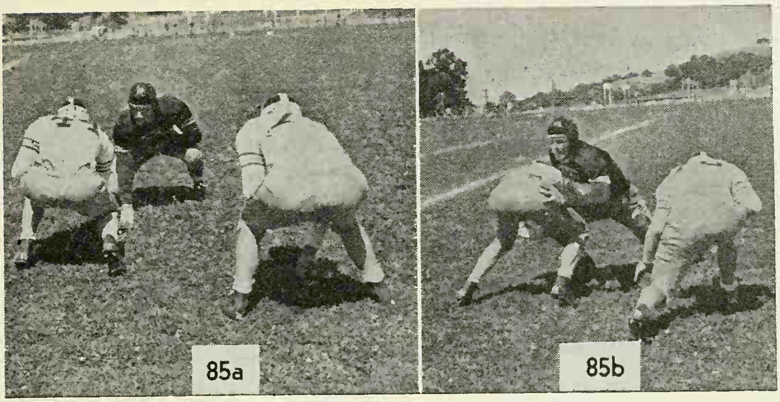
(Note: In the modern "T" formation with its design of one on one blocking and quick hitting plays, the above comment is not always true.)

The Tackle

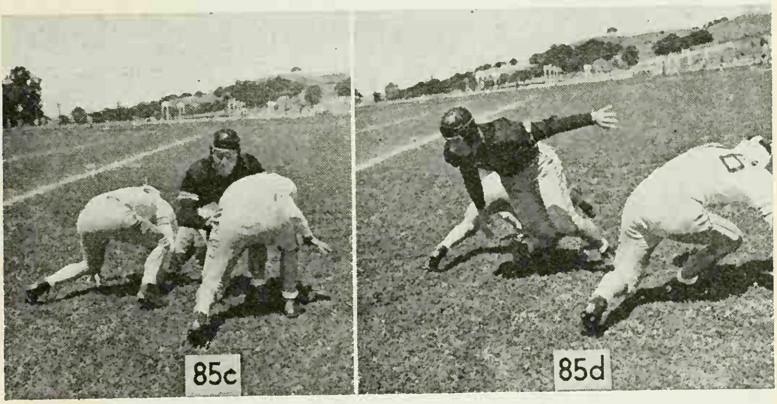
Candidates for the tackle position should possess size, strength, aggressiveness and speed. Defensive tackles can be placed in two categories as a general rule, (1) *the charging tackle* and (2) *the waiting tackle.*

The Charging Tackle

The charging tackle's main objective is to drive his body across the line of



(a) *Position* (b) *Contact*



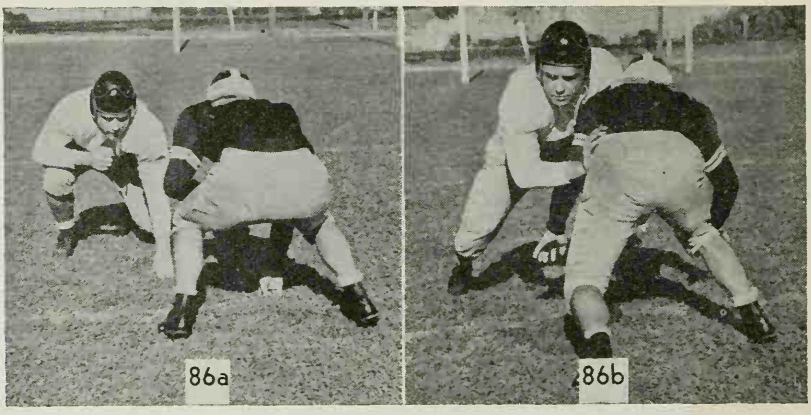
(c) *Reacting from end to wingback* (d) *Follow through*

PLATE 85. THE SHOULDER AND FOREARM CHARGE

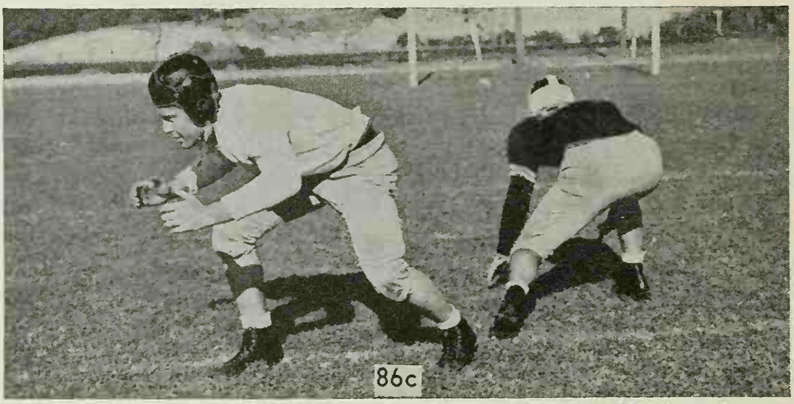
scrimmage breaking the charge of the offensive player and stripping the play of its interference. This type of tackle usually operates from either a three- or a four-point stance, with feet square or staggered to get a low, fast, powerful start. The tackle may contact the opponent with shoulder and forearm, or with hands and he should vary his charge to keep the opponents guessing. Regardless of the charging technique which he may use, he should keep the blockers away from his legs, fight against resistance and work *through* interference to get at the play, *not around* it. After fighting his way across the line the tackle should have his body low and square with legs recoiled to follow through.

The Left Defensive Tackle.—Playing the End and Wingback. (NOTE: Vice versa for Right Defensive Tackle.) One method of attack is to explode across the line of scrimmage by uncoiling the legs and in one motion drive the right knee toward the outside shoulder of the end, contacting the end's shoulder with a combined right shoulder and forearm lift, the heel of the left hand driving into the blocker's hip. If the tackle's forearm is properly brought up under the blocker's chest it will tend to make good solid contact by drawing his shoulder into the pocket (at junction of neck and shoulder). The left leg should immediately follow with a short driving step. The tackle's attention at this point is centered on the core of the offense, but should resistance come from the wing halfback the tackle then aids the left foot by releasing the hands and arms from the end and driving them into the wingback. If no block comes from the wingback, the tackle should continue to drive the end back or turn him into the play. (See Plate 85abcd)

If the left tackle is playing on the inside shoulder of the end (*flanking end*) he should drive his left foot toward the inside shoulder of the blocker, hitting with the left shoulder and forearm and using the heel of the right hand in the short ribs or on the hip of the end. The tackle should then bring the right leg forward, focusing his attention toward the core of the offense.

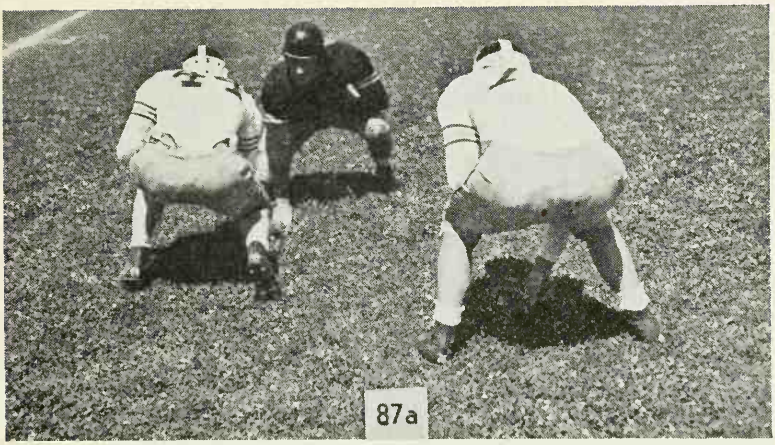


(a) *Position* (b) *Step at end*

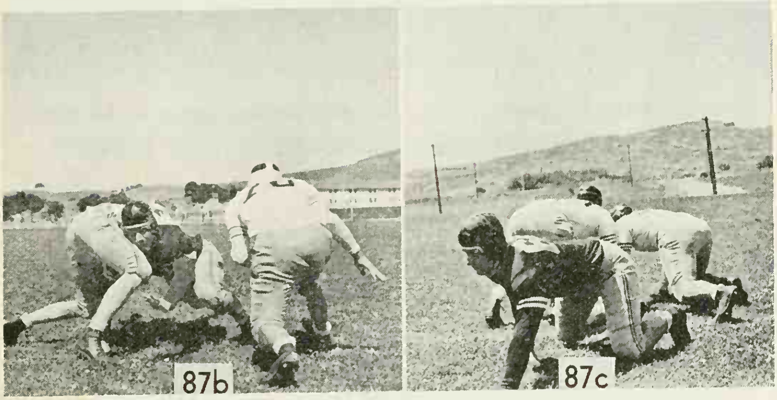


(c) *Reacting to the inside*

Plate 86 Shoulder and Forearm Charge Against Flanking End



(a) *Position*

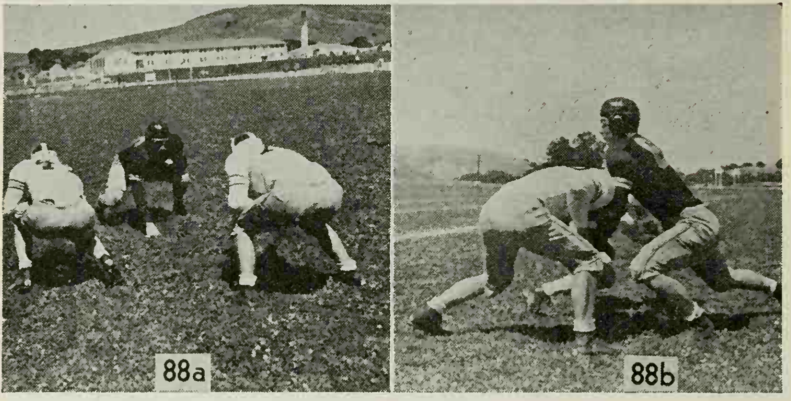


(b) *Charging underneath end* (c) *Follow through*

Plate 87. The Dip Charge

Another method of attack for the left tackle playing on the outside shoulder of the end when playing against an end and wingback is to drive the right knee forward and to the ground in the direction of the blocker, driving the right shoulder and forearm underneath the end, immediately bringing the left leg forward, continuing the penetration into the backfield on all fours. This mode of attack can also be used against the flanking end. However in this case, contact should be made with the blocker driving the left foot forward, hitting with left shoulder and forearm underneath, followed by right foot and completed by the follow through on all fours.

If the defensive set-up calls for the left tackle to position himself away from the end and in front of the wingback he should first step with his left foot, getting control of the wingback if he is attempting an outside block and then bring the right foot up and toward the core of the offense. (He should not let the wingback tie him up on the outside.) If the tackle is positioned directly in front of the blocking end (no wingback) he should completely control the blocker by use of his hands, being careful not to let the end tie him up on the outside. If the tackle is tied up on the outside, he should roll out or pivot out of the block.

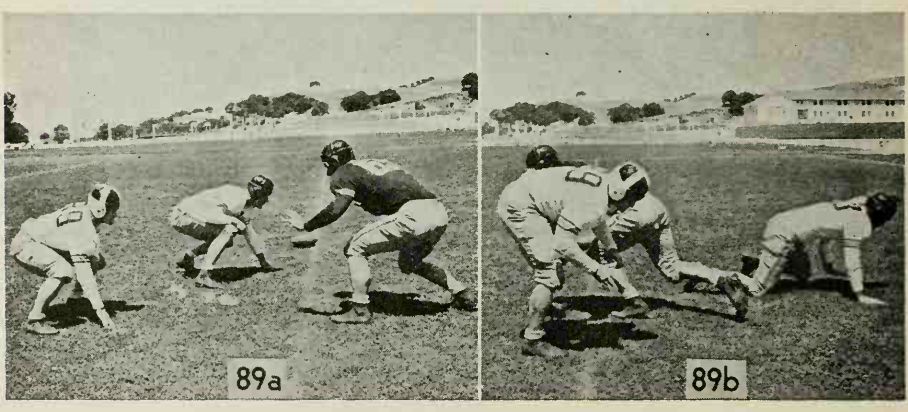


(a) *Position* (b) *Getting control of wingback*

Plate 88. Defensive Tackle Playing in Front of Wingback

The Waiting Tackle

The waiting tackle's main objective is to let the opponents declare themselves and then by use of hands and footwork ward off the blockers and follow the play. This type of tackle generally operates from a three point or semi-crouch stance Ordinarily the waiting tackle should be a player with perfect coordination of the hands and feet.



(a) *Stance—two-point semi-crouch* (b) *Warding off blockers*

Plate 89. The Waiting Tackle

Tackle Stunts

It must be remembered that all tackles cannot play the same type of game or employ the same technique in charging, therefore it is important that he be equipped with various stunts to keep the opponents guessing.

Knifing a Split in which tackle playing inside of a flanking end and in a gap or against an end and wingback, penetrates into the backfield by propelling his body through the split with a hard lunge landing on all fours or on one knee. The tackle should have his body pointing toward the core of the offense and should attack the ball carrier by going through the interference.

Limp Leg in which the tackle presents one leg to a blocker, steps forward with the other leg and plays his hands on a second blocker, lifts and withdraws the first mentioned leg from the ground letting the first blocker drive his shoulder through a non-resisting target.

Slide and Hit in which the tackle places himself in one position and then an instant before the ball is snapped takes a quick lateral shuffle and hits forward.

Fake In and Fade Out in which the tackle feints a step one way to draw the blocker and then instantly fades in the opposite direction, letting the blocker go sprawling through.

Forearm Shiver executed by striking the blocker's shoulder with the heels of the hands, keeping the arms stiff and stepping forward at the same time with one leg.

Playing Splits in the Offensive Line.—The tackle should be aware of the fact that the offensive end will continually vary his position by splitting away from his teammate, thus attempting to improve his blocking position on the tackle or decoy him out of position. Generally speaking if the split inside the end is not very wide,

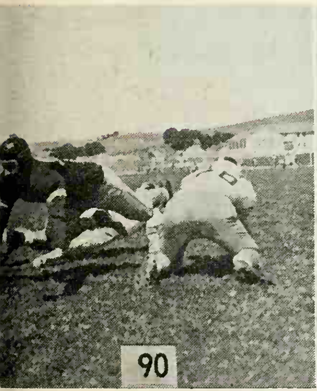


PLATE 90. *Knifing. Tackle has propelled himself through the gap without playing either blocker.*

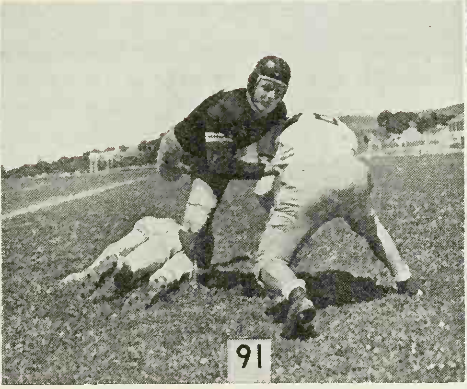


PLATE 91. *Limp leg. Note tackle has let right leg swing freely back with block of the end.*

PLATE 92. *Forearm*

the tackle should position himself in front of or just inside the end and play him before penetrating into the backfield. If the split is wide, the tackle should play the middle of the split and direct his charge at the core of the offense. If the split is wide and a back is in the split, the tackle should direct his charge at the back and then turn his body toward the core of the offense.

Conditions Influencing the Tackle's Position

(1) Down, distance to gain and time remaining in the game.
(2) Position of the ball on the field.
(3) Type of defensive set-up (6-2-2-1; 6-3-2; 5-3-2-1; 7-1-2-1; 7-2-2).
(4) Type of line defense.
(5) Type of offensive formation.
(6) Playing against weak side or strong side of the offensive formation.
(7) Changing the offensive formation by shifts and splitting away of offensive players.
(8) Type of offensive play.

THE GUARD

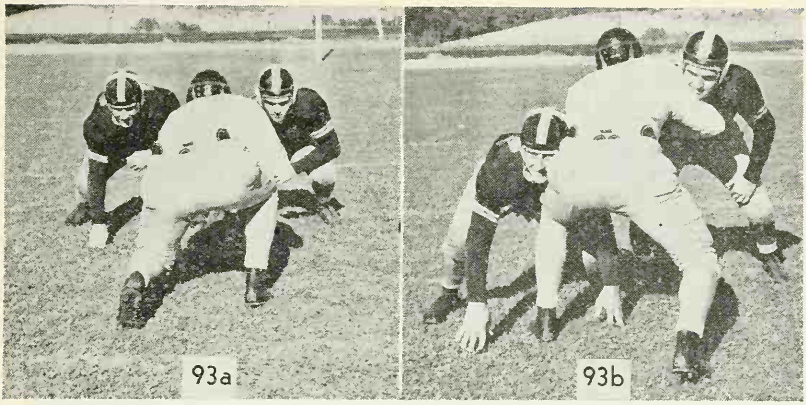
Candidates for the guard position should have strength, speed and aggressiveness. The defensive guard must generally withstand the immediate charge of two blockers, fight them off to protect his territory or move laterally to the play. Guards are often called upon to drop back out of the line into pass defense and also to back up the line. Ordinarily guards are chosen for their offensive ability rather than for their defensive ability. The defensive guard can be classified as a *charging guard* or as a *waiting guard*.

The Charging Guard

The charging guard assumes either a three-point or a four-point stance and executes his charge in much the same manner as the offensive lunge charge. His main objective is to cross the line of scrimmage and protect his territory.

Playing against two blockers the guard propels his body across the scrimmage line with an explosive uncoiling of the legs, contacting one blocker's shoulder with shoulder and forearm underneath, thrusting the heel of the other hand into the blocker's hip, driving the leg opposite the contacting shoulder toward the other blocker. For example: If defensive guard contacts one blocker's shoulder with his right shoulder and forearm he would thrust his left leg forward. The right shoulder contact would break the charge of one blocker and the left leg forward would protect the guard from the other blocker. The guard should then finish his charge by using his hands and elbows to fight against resistance.

If the play comes directly at him he can drop low to meet it, if the play goes to his left he can drop his hips low and pivot on his left foot (forward foot) driving his hip against the blocker's head thus freeing himself from the blocker on his left and getting into the play. If the play moves to his right he can easily move to the right by applying pressure against the blocker's head with his shoulder aided by the lateral drive of his left leg. (NOTE: Vice versa when contacting with the left shoulder and forearm.)



(a) *Stance* (b) *Contact*

(c) *Follow through*

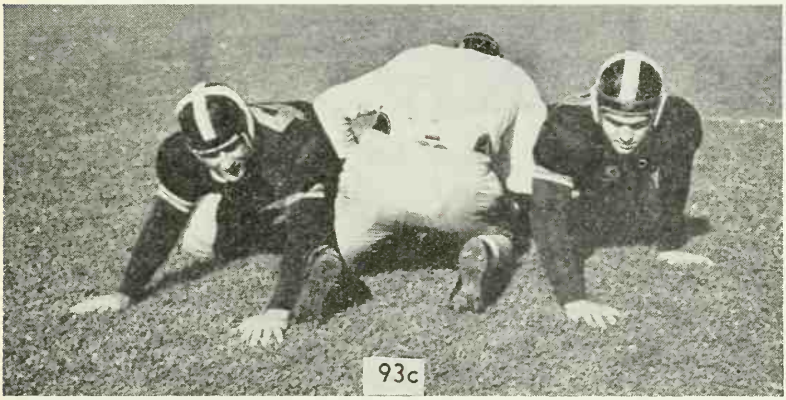


PLATE 93. SHOULDER AND OPPOSITE LEG CHARGE

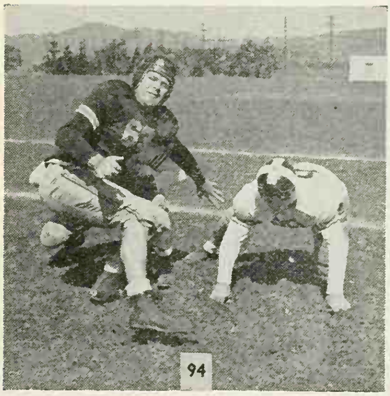


PLATE 94. *Pivot out.*

PLATE 95. *Turning the blocker into the play.*

Another method of attack for the charging guard playing two blockers is to drive the right leg forward at the same instant of contact by the right shoulder and forearm then use the hands to fight against resistance from the other blocker. The defensive guard must keep his body low and square, protecting his own territory and not move laterally until the play is outside of his position.

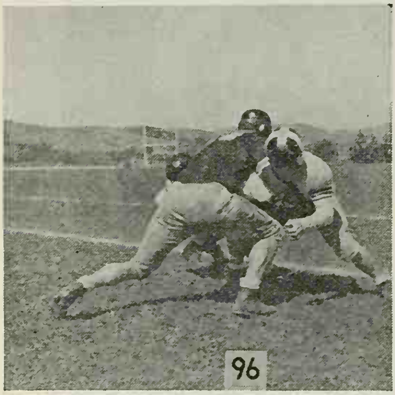
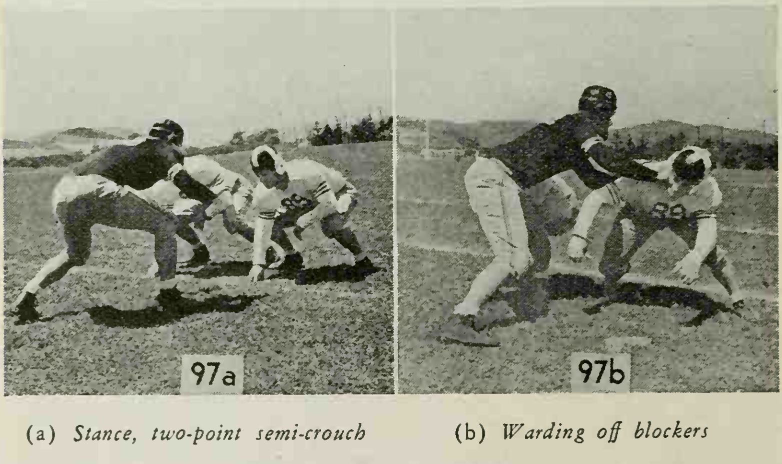


Plate 96. *Same shoulder and leg charge*

The Waiting Guard

The waiting guard usually assumes a three-point or semi-crouch position, his objective being to let the blockers declare, diagnose the play, then by use of his hands and clever footwork go to the play. It is suggested that this type of guard in some instances be positioned a half yard off of the line of scrimmage. This type of guard either must be *exceptionally* clever or a giant in size to withstand the charge of two blockers.



(a) *Stance, two-point semi-crouch* (b) *Warding off blockers*

Plate 97. The Waiting Guard

Guard Stunts

Can be employed to increase the effectiveness of guard play and keep the opponents guessing.

Submarine Charge often used when there is short yardage to gain. The guard drives his shoulders to the ground at the feet of the offensive blockers, pushing up with his hands to split the blockers apart and bringing up his legs to follow through.

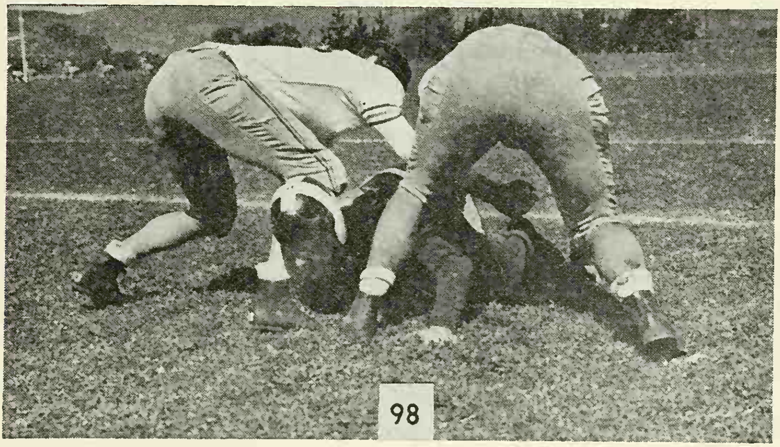


PLATE 98. *The submarine.*

Over the Top in which the guard places his hands on his opponent and goes over in leapfrog fashion. This is a surprise stunt and is effective against low charging blockers.

Forearm Shiver used to check a blocker, is executed by hitting the blocker on the shoulders with the heels of both hands, arms stiff, coordinated with a short driving step. The hitting action should be under and up to deflect the charge of the blocker.

Knifing by a quick, clever guard is very effective and is executed by playing one blocker with the hands to turn him aside, driving the far leg between the blockers. As the one blocker is deflected with the hands the guard turns his body slightly, at the same time stepping through with the other leg.

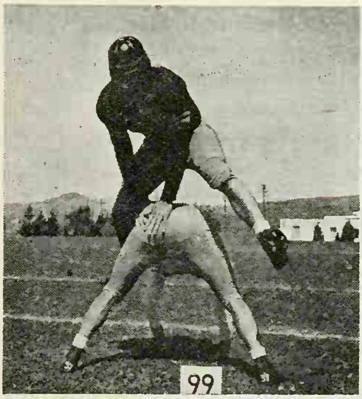


PLATE 99. *Over the top.*

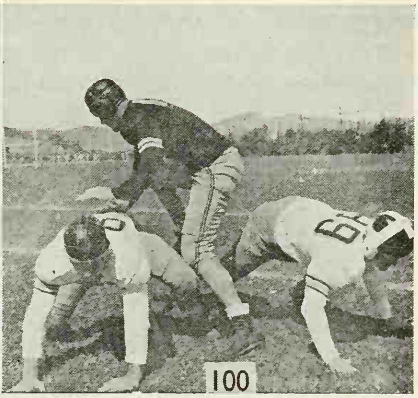


PLATE 100. *Knifing.*

Feinting and Sliding is executed by feinting a step directly ahead, drawing back and then moving laterally right or left. This is often very effective when a guard gets a tip that a play is going outside of his position.

Conditions Influencing Guard's Type of Play

(1) Type of defense being used.
(2) Down, distance to go, time remaining to play.
(3) Type of offensive formation.
(4) Position of the ball on the field.

THE CENTER

The Play of the Center may be that of a defensive guard, a linebacker, or a combination guard and linebacker. When playing in the line he should be able to take the responsibility of a defensive guard, as well as being able to drop out quickly and defend against passes. (The center as a linebacker is considered in Chapter IX—Backfield Play.)

Conditions Which Determine a Center's Play In or Out of the Line Are—

(1) Type of defense being used.
(2) Position of the ball on the field.
(3) Down, distance to gain and time remaining in the game.
(4) Special stunts to be executed.

COACHING POINTS (DEFENSIVE LINE PLAY)

(1) Watch the ball.
(2) Get across the line of scrimmage.
(3) Eyes open, head up.
(4) Protect your own territory.
(5) Go to the play.
(6) Attack the man directly—do not run around him.
(7) Do not try to play two men at once.
(8) Bring your feet up with your charge.
(9) Do not slide until you are sure the ball is outside your position
(10) If the blocker has contact, do not raise up.
(11) The passer is a ball *carrier* as long as he has the ball in his hands.

DRILLS (DEFENSIVE LINE PLAY)

(a) Charging against dummy.
(b) One against one, straight on, off left shoulder, off right shoulder.
(c) Against end and wingback.
(d) In split between two blockers.
(e) Skeleton set-up, playing running plays and rushing the passer.
(f) Punt drill to rush the kicker.
(g) One against two.
(h) Skeleton set-up—Playing running plays, dropping back in pass defense and rushing the passer.

CHAPTER VIII

End Play

Candidates for the end position should be fast, clever and agile. They should be endowed with the utmost endurance and if they possess strength and ruggedness they will be much better equipped for the responsibilities of the position.

The end should have perfect coordination of mind and muscle in order to catch passes; he should have a mastery of various types of blocks and he should be a good diagnostician and a sure tackler.

OFFENSIVE PLAY

Variation of Position

By constant maneuvering the end can be extremely valuable in the operation and execution of offensive plays. Decoying defensive linemen out of position to improve blocking and to free himself to receive passes by playing close to or at various intervals away from the teammate on his inside are primary duties and he must practice such maneuvers constantly. By use of head and body feints, short lateral hops and cross-over steps he should annoy and worry the defensive player. He must, however, in his various maneuvers stay within the shift rule and the rule governing drawing opponents offside.

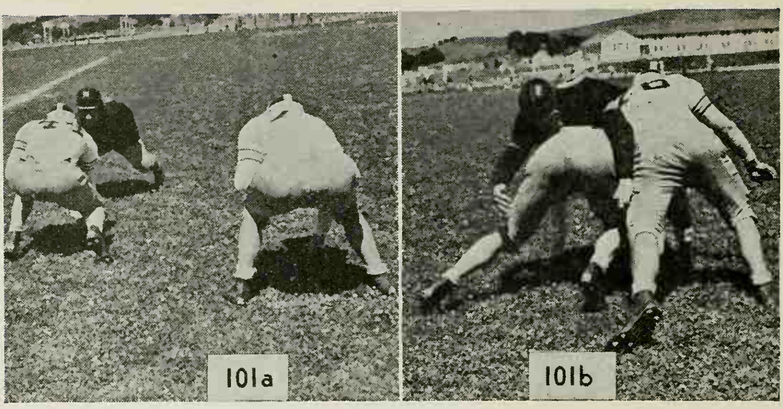
Blocking the Tackle

Blocking the tackle alone or in cooperation with a wingback is one of the prime responsibilities of the end. To block the defensive tackle without the aid of another blocker, the end should master the following blocks: Straight shoulder block, reverse shoulder block, shield block, cross-body block, reverse body block and knee block. (See Chapter V—Blocking.)

End and Wingback Blocking the Tackle—(See Chapter VII, Lead and Post Blocking.) (NOTE: Execution is vice versa on right defensive tackle by left offensive end and wingback.)

The Left Defensive Tackle Directly in Front of the Right Offensive End.—(To be taken in.)

By execution of the lunge charge the end drives his head directly into the crotch of the tackle, stopping his forward progress for the wingback's block. The wingback should be just outside of the end and within legal distance of the line of scrimmage. (Hand on the ground on line with the heels of the end.) The wingback's charge and the lead step should be with the left foot, then a short step with the right foot. At the instant contact is made with the left shoulder, the respective arm should be brought up and into the body to widen the blocking surface and to add punch and lift to the shoulder contact. The right foot at the same moment should be well up and to the outside of the tackle in order to move him laterally. As soon as pressure is felt from the wingback, the end should follow through on



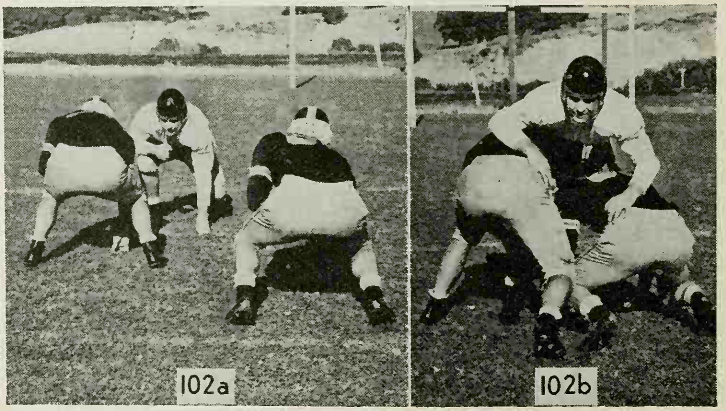
(a) *Position* (b) *Block*

Plate 101. End and Wingback Blocking Tackle In

all fours, rotating his body toward the wingback thus aiding in the lateral movement of the tackle.

Left Tackle Directly in Front of the Right Offensive End.—(To be taken out.)

In order for the end to get blocking position he should bring the outside foot in and forward, immediately followed by moving the inside foot to the left and forward. The end should use a straight right shoulder block, coupled with forearm lift, with the left leg, head and neck applying the pressure to drive the tackle out. The wingback in this situation is the post in the middle of the tackle. The back should drive his head into the crotch of the tackle, keeping his feet well under his body. If the defensive tackle is charging low, the wingback should charge forward on all fours getting under the tackle.

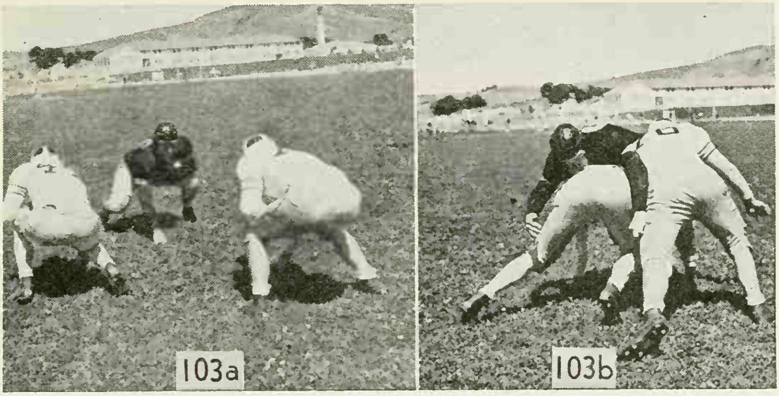


(a) *Position* (b) *Block*

Plate 102. End and Wingback Blocking Tackle Out

Left Tackle in Front of the Wingback and Outside of the Right Offensive End.—(To be taken in.)

In this situation the end must move quickly to his right in order to post and stop the forward progress of the tackle. In one motion the end should make a quick lateral hop in front of the tackle landing on all fours, driving his head and shoulders into the tackle's crotch. The wingback's duty is to drive the tackle in, therefore on his charge he should move his left foot laterally and forward, quickly bringing up the right foot to the outside of the tackle to apply the driving and turning pressure. The end should coordinate his drive and body movements with the wingback in driving the tackle to the left.

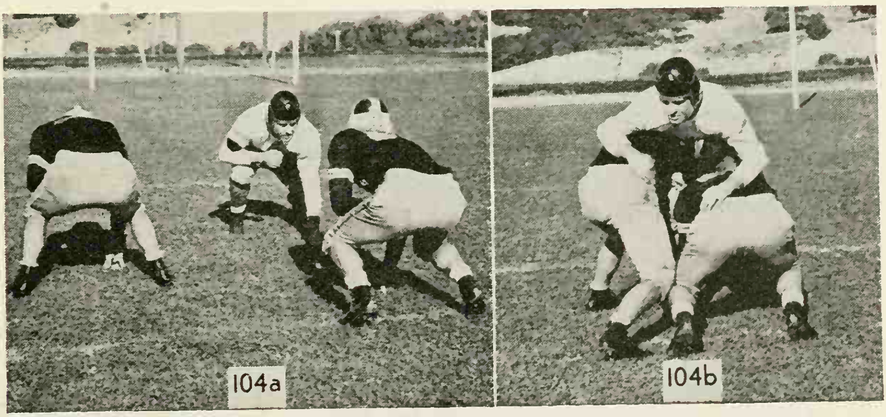


(a) *Position* (b) *Block*

PLATE 103. END AND WINGBACK BLOCKING TACKLE IN

Left Tackle in Front of the Wingback and Outside of the Right Offensive End.—(To be taken out.)

The end in this instance uses a straight right shoulder block with the left foot up to drive the tackle out. The wingback drives his head into the tackle's crotch, coordinating his drive and body movements with the end in driving the tackle out. If the



(a) *Position* (b) *Block*

PLATE 104. END AND WINGBACK BLOCKING TACKLE OUT

defensive tackle charges low the wingback should move into him on all fours following through in that position. (NOTE: Unless the defensive tackle is an unusually powerful defensive player it is unnecessary for the wingback to assist on this block.)

End Blocking Tackle Alone When Tackle Is in Front of or on Inside of End.—The end should attempt to use a straight shoulder block. However, due to the fact that this block is executed in semi-open territory, it is well for him to keep the following thoughts in mind. The tackle may shoot the gap or he may stand on the line of scrimmage playing the end with his hands and sometimes giving ground. If the tackle attempts to shoot the gap causing the end to miss with a shoulder block, the end should react instantaneously and apply a knee block. The reverse shoulder block, and the reverse body block can also be effectively used by the end in blocking the tackle alone.

Downfield Blocking

Its importance has been emphasized in Chapter VII—Line Play. The responsibility of the end in fulfilling this duty is even greater than that of other linemen. Generally speaking, one end or the other after momentarily checking an opponent on the line of scrimmage should break through and block into secondary. The end downfield as a receiver becomes a blocker, if the passer decides to run with the ball, and usually the end downfield as a receiver becomes a blocker the instant another receiver catches the ball.

Duties on Pass Plays

In many situations the receiving end will be confronted with the problem of getting free of defensive players, on or close to the line of scrimmage, who are attempting to check him or throw him off balance thereby diminishing his chances to receive. The checking of eligible receivers is a common practice of defensive players, therefore ends must use various stunts to free themselves immediately, keeping the pass pattern and its effect intact.

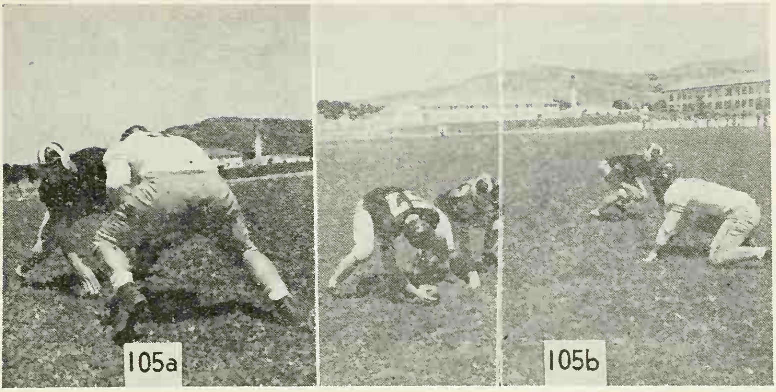
Stunts

Commonly used are: (a) *Head and Body Feints.*—Quickly throwing the head and shoulders one way and stepping through the opposite way. (b) *Fake Shoulder Block.*—Charging into the defender and then quickly releasing. (c) *Varying the Split.*—Moving laterally out and away from the defender. (d) *Pivoting.*—Making a complete pivot on the line of scrimmage, before going downfield. As a general rule, ends breaking downfield to receive should break to the outside of the tackles unless after splitting away it would be difficult for the tackles to jam them in because of the size of the split. (See Plate 105 abc)

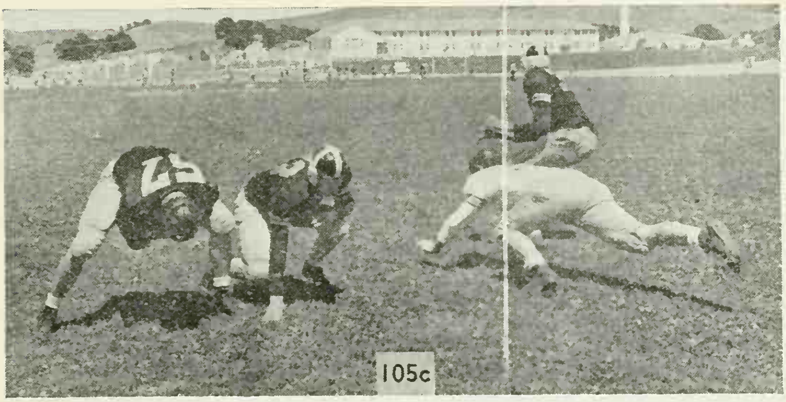
Decoying

Decoying is another important duty of the end in pass plays. Decoying can be divided roughly into three phases: (a) Helping the receiver by a slight fake to pull the defensive man out of position, (b) Screening the defensive man to prevent his covering the receiver, (c) Finding weaknesses and possibilities in the defense—the end should attempt to find how and when he can out-maneuver a defensive man then relay the information to the quarterback.

NOTE: For *Maneuvering to Get Free from Defenders* see Chapter XI—The Passing Game, "Technics Employed to Get Free to Receive Passes."



(a) *Head and body feint* (b) *Varying the split*



(c) *Pivoting*

PLATE 105. END GETTING FREE OF TACKLE

Duties on Kicks

Generally on punt formation the ends should split away from their tackles from 3 to 5 yards. The normal spacing for ends with a right footed kicker is a 5 yard split for the right end and a two or three yard split for the left end. However, both ends should maneuver on the line of scrimmage for the purpose of drawing defensive linemen further away from the punter thereby relieving pressure on the kicker.

The ends must be alert for various situations which demand adjustments in their position to aid in blocking for the kicker. At times when the punt becomes a defensive weapon the ends must block before breaking downfield. The ends in going down under a punt should not look back. After they hear the kicker's foot hit the ball, a quick glance over the inside shoulder is sufficient to inform them of the length and direction of the punt. They should keep well to the outside of the ball and play the blockers with their hands. The end must not stop as he meets the blocker, but should maneuver his feet and body to avoid him. On approaching the punt receiver, the ends should slacken their speed and get their body well under control preparatory to tackling the receiver.

On place kicks and drop kicks the ends generally play tight to the man on their inside, protecting the territory directly over them and the seam to their inside. (See Chapter X, Place Kicks and Drop Kicks.)

Coaching Points (Offensive Play)

(1) Mix the methods of attack—keep the opponents guessing.

(2) Draw the tackles out of position by varying the split.

(3) End must block the tackle as well as catch the passes.

(4) Master all the blocks and use them.

(5) Block into secondary.

(6) Master the art of deceiving a defensive back by employing various technics.

(7) Although the end is responsible for the outside in covering a punt he should not protect the side line to the point of being blocked outside and never making a tackle.

(8) Speed is essential in covering punts.

(9) When the defensive back waits for an end covering a punt the end should approach the back from straight ahead. This gives the end the advantage of faking to either side, and prevents the back from getting an angle on him and running him out of bounds.

(10) When an end breaks to the inside of a blocker in covering a punt, he should realize he has done so at the chance of leaving the outside open, and be quick to recover.

(11) Usually the end should look up when he hears the ball kicked. This one quick glance over the inside shoulder should give him an idea of distance and direction. From then on his attention should be directed on the safety man.

(12) In approaching the safety man, the end should slow down within 5 or 10 yards of him unless he can time his tackle to the exact moment when the safety makes the catch. In slowing down he has better balance and is less apt to be side stepped or faked out of position by the punt receiver.

(13) The end should approach the punt receiver from a slight outside angle so as to force him the other way or to the inside. Such an approach eliminates the possibility of the safety man returning the ball to the outside of his position.

(14) The end in covering kicks should be alert for reverses and trick returns.

Drills

(a) Blocking against the dummy.

(b) One against one.

(c) End and wingback blocking the tackle.

(d) Footwork drills (on line of scrimmage and in secondary).

(e) Skeleton blocking drill.

(f) Skeleton pass scrimmage. Two ends, a center and a set of backs on each team.

(g) Punt scrimmage.

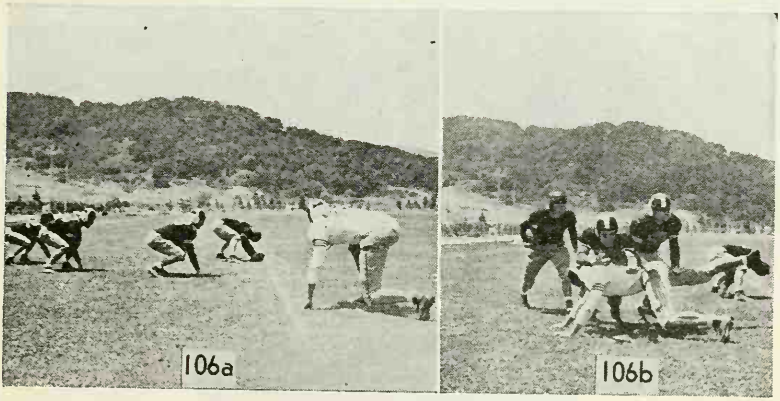
DEFENSIVE PLAY

The defensive end has more varied assignments than any other man on the team. Against running plays he must be a cooperative player with the halfback, linebacker and tackle, and at times he is called upon to drop back in pass defense.

Defensive End

Defensive ends may be placed in four categories: (1) The Smashing End, (2) The Drifting End, (3) The Waiting End, (4) The Smashing and Drifting End. (NOTE: The exceptional end is one who can smash and drift equally well and combine the two.)

The Smashing End's objective is to strip all plays of the interference, leaving the ball carrier to be stopped by the tackle and linebacker on the inside and the halfback on the outside. This type of end usually operates from a leaning, unbalanced three-point stance (sprinter's position) facing in at an angle of about 45° and playing close to the tackle. The object is to get a fast low start, penetrate deeply into the backfield, smash all interference and then play the ball carrier. If the interference is massed, the end can tackle it head on or throw his body underneath it; if the interference is scattered he should destroy the blockers individually with his arms and shoulders.

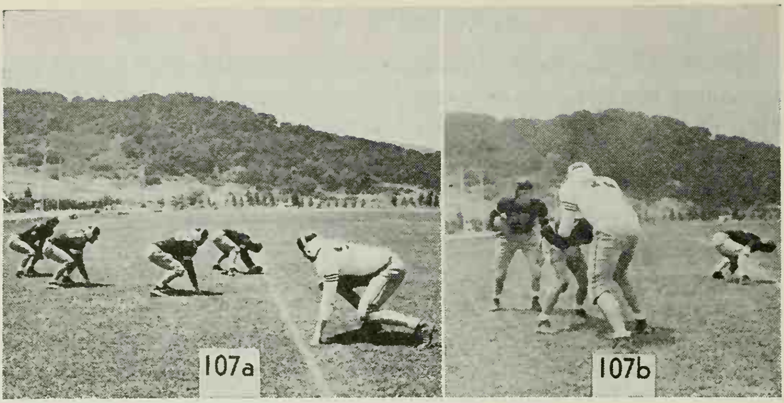


(a) *Starting position* (b) *Smashing the interference*

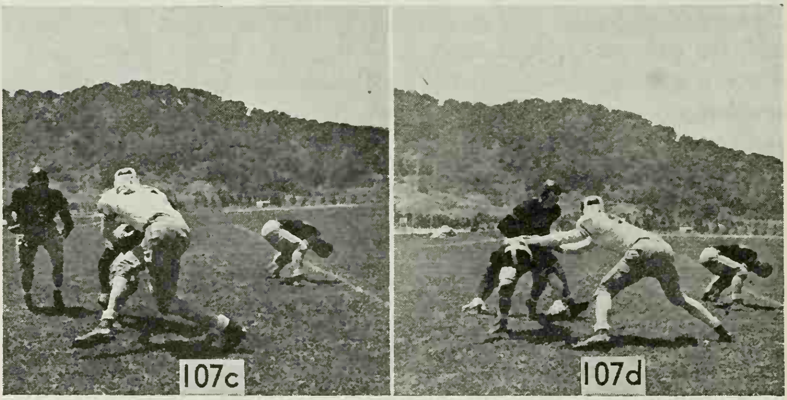
PLATE 106. THE SMASHING END

The Drifting End usually operates from a three-point or crouch stance, moving across the line of scrimmage two or three steps at a slight angle inward, meeting and playing off of the interference to the ball carrier. He should use his hands and clever footwork to keep blockers away from his body and to get to the ball carrier. He should get a fast start and on meeting a single blocker have his feet well spread, inside foot forward, contacting with the inside shoulder and forearm, and using the outside arm on the body of the blocker.

If the play goes to the outside the end can then shuffle out or cross the inside leg over to the outside. In playing double blockers (double teaming) the end should



(a) *Starting position* (b) *Playing single blocker*



(c) *Recovery out* (d) *Recovery in*

Plate 107. The Drifting End

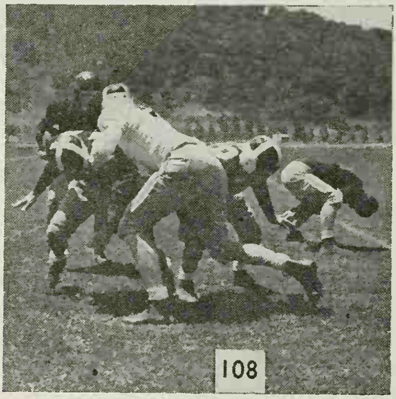


Plate 108. *Drifting end playing double blockers. Note end is throwing hip into inside blocker and using hands on outside blocker in attempt to split blockers to get at ball carrier, who is directly behind double blockers.*

concentrate his drive on the blocker whom the ball carrier is behind, hitting him hard and driving him back, in this way the end can sometimes make the other blocker miss. If the ball carrier is directly behind double blockers he can sometimes split them by throwing his hip into the inside blocker and his shoulder and forearm into the outside blocker.

The Waiting End is generally in a crouch stance, and on the snap of the ball he plays cautiously, waiting for the play to develop. If the play goes in, he moves in, if the play goes out he moves out.

The Smashing and Drifting End is an exceptional player. He employs the tactics of both types and becomes extremely effective because of the depth of his penetration into the backfield and his ability to smash or play off of the blockers.

The defensive end has the additional duties of rushing the passer and kicker. To be effective in pass rushing, an end must start fast and often use fakes to avoid blockers. He can be most effective rushing the passer if he will vary his responsibility with the other pass rushers. For example: Rush to the inside of the blockers with the tackle hurrying to the outside of the blockers and vice versa.

When rushing the kicker, the end should not let himself be flanked by an offensive player, unless a kick blocking stunt is planned. As in rushing the passer, the end should vary his route with the tackle to confuse the blockers. The end should be warned against habitually rushing to the inside to prevent a fake pass and run. (See Chapter X, Rushing the Kicker.)

COACHING POINTS (DEFENSIVE PLAY)

(1) Vary your style of defensive play when flanked by an offensive player (move out and set, move out and come back in motion, move and dart through the split if it is wide enough).

(2) Vary your style of defensive play according to the position of the ball on the field, down and distance to gain, and time remaining to play.

(3) Distance from tackle should vary according to the defensive plan and the offensive set-up.

(4) Start fast on all plays.
(5) Fake the blockers to make the ball carrier declare.
(6) Anticipate a play coming back your way.
(7) Go in fast to prevent the play from developing.
(8) Do not be too anxious to catch a play from behind.
(9) The passer is a ball carrier as long as he has the ball in his hands.
(10) Never leave your feet against a single blocker.
(11) Vary your rushing routes.

DRILLS

(a) Fast starting with snap of the ball.

(b) Set dummy as blocker—ball carrier breaking either side of dummy and end recovering.

(c) Pass scrimmage.
(d) Punt scrimmage.

CHAPTER IX

Backfield Play

The primary requisites which candidates for the backfield should possess are: Speed, agility, durability, coordination, courage and aggressiveness. All backfield players must be adept in the skills of blocking and tackling while the necessary skills of kicking, passing and ball handling can be acquired by a few individuals through diligent practice.

OFFENSIVE PLAY

Ball Handling

All backs must learn to handle the ball. Ball handling means receiving the ball from center, receiving passes, catching punts and exchanging the ball between players. The hands should take the ball with an easy liquid catch—complete relaxation. The fingers should be spread and the hands should "give" with the ball to guide it to the body. A tendency to "fight the ball" is caused by tenseness of the hands and fingers which in turn means fumbling. The common causes of most fumbles are: (a) Not keeping the eyes on the ball, (b) Tenseness, and (c) Failing to carry and protect the ball properly.

The back receiving the ball from center as in the "T" formation takes the ball on a blind exchange. The palms of the hands should face each other with fingers well spread and the heels of the hands approximately three inches apart. The back of one hand is placed against the crotch of the center and as the center snaps the ball against the palm of the top hand the lower hand immediately closes on the ball.

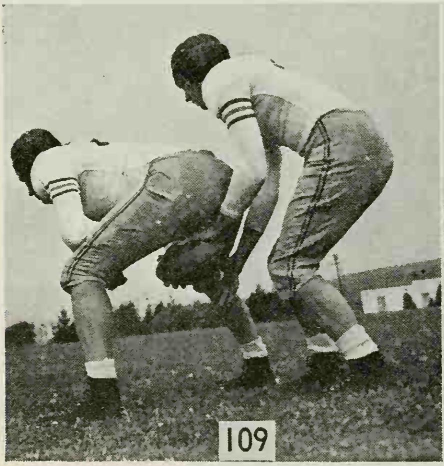


Plate 109. *Blind exchange. Note position of Q.B. hands.*

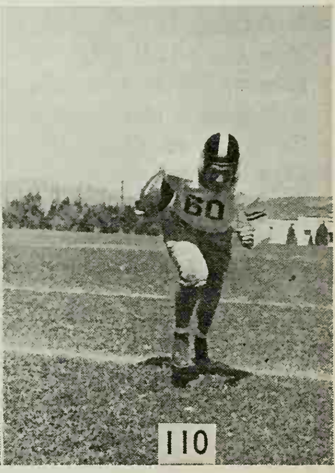
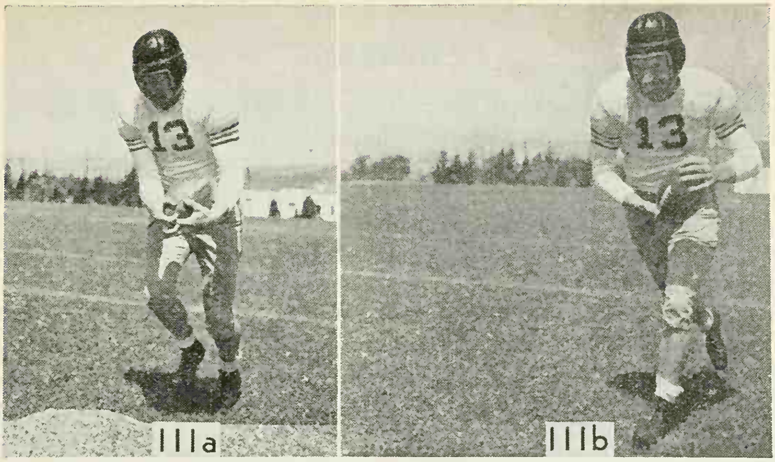


Plate 110. *Carrying the ball. Note position of ball in hand and arm.*



(a) *Sliding ball across* (b) *Rotating ball*

Plate 111. Shifting the Ball

When running in the open the ball should be placed along the inside of one forearm, fingers spread over one point and the opposite point placed in the pocket formed by the elbow. Pressure applied against the ball by the elbow will keep it securely in place. To shift or exchange the ball from one arm to the other, interlock the fingers of the free hand with those over the point of the ball and slide it across the body into the other arm. Another method is to place the fingers of the free hand on the point of the ball resting in the elbow pocket, rotate and slide the ball across the body placing the ball in the elbow pocket of the opposite arm.

As a general rule the ball should be carried in the arm furthest away from the tackler so that the ball carrier can use the straight arm. However some coaches, to minimize fumbling, prefer to have the ball carrier put the ball away immediately and keep it under one arm without attempting to shift it away from the tackler. All ball carriers should "cover the ball" with the free hand when falling to the ground thereby further protecting against fumbles.

Ball Handling on Reverses

Two methods of exchanging the ball on reverses are: (1) Lug Out and (2)

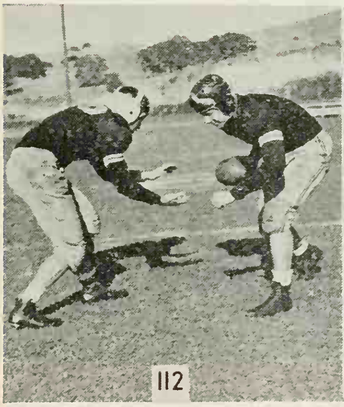


Plate 112. *Lug out exchange—halfback to halfback.*

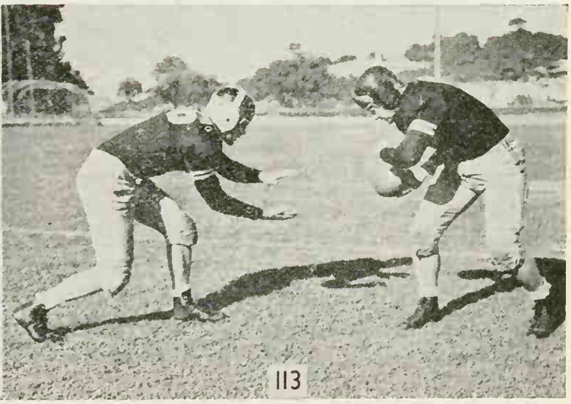


Plate 113. *Lug out exchange—spinner reverse.*

Put In. These two methods can be put to use in: (a) Running reverses—halfback to halfback and (b) Spinner reverses—fullback to halfback.

Lug Out.—In this method the ball carrier lays the ball out hip high and holds it there while the receiver comes by, reaches out ahead and picks it off with his hands. The receiver puts the ball away and the passer carries out a fake.

Put In.—On this exchange the receiver comes by running low, elbows close to the hips, hands together forming a pocket for the ball in his belly. The passer places the ball firmly in the pocket and carries out his fake.

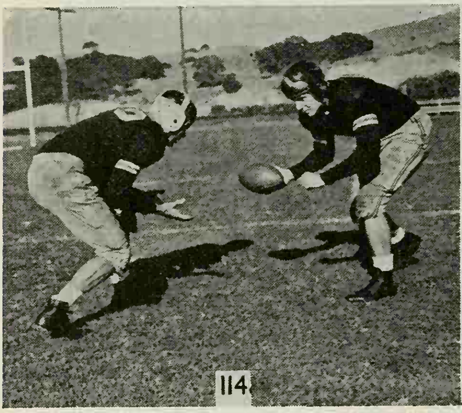


PLATE 114. *Put in exchange—halfback to halfback.*

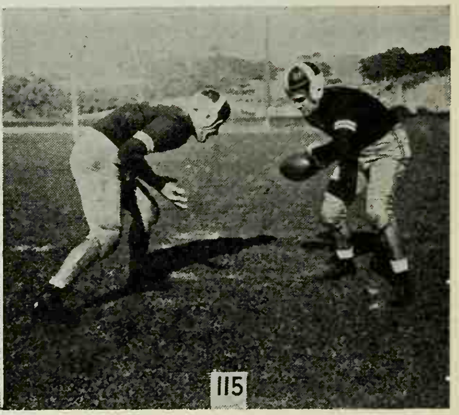


PLATE 115. *Put in exchange—spinner reverse.*

NOTE: The exchange on the spinner reverse is made while the ball is hidden from those defensive players whom the spin is intended to deceive.

Punt Receiver

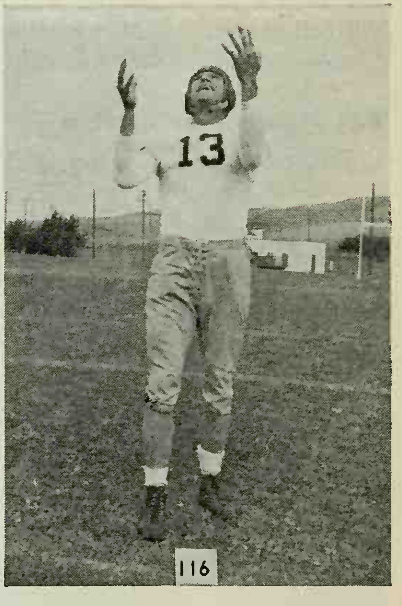


PLATE 116. *Ready to receive a punt.*

The punt receiver (safety man) must concentrate solely on the ball until he has full possession of it. He should not split his vision between the field and the ball while making the catch and under ordinary conditions he should make every effort to catch the ball in the air. The arms should be comfortably raised and slightly extended to a position which brings the hands, palms toward the face, about even with the eyes. The ball should be caught in the hands, fingers spread, the hands giving with the ball and guiding it into the body.

Good judgment in receiving punts comes only with continual practice. A ball with the forward point coming down will drop more sharply than a ball sailing with the forward point up. A ball landing on the forward point will usually bounce high or backwards while a ball landing on the rear part will usually bounce low and forward. It is difficult to judge the bounce of an end over end ball. On a short, high kick when surrounded by tacklers, the punt receiver should call for a fair catch by raising his arm distinctly above his head.

Footwork in Starting

Backs should not lean or point in starting; their eyes should be fixed on the ball if in a position to receive it from center, or directly ahead if not in such a position. Their weight should be evenly balanced on the balls of the feet and the body should be started with *short* steps. The three most common types of starts executed from either a three-point stance or a two-point (upright or semi-upright) stance are:

The Cross-Over Step in which the player crosses one leg over the other in the direction he intends to go and in the same motion pivots on the ball of the other foot. For example, a back playing five yards behind the center intends to receive the ball from center and run to his right. He crosses the left leg over the right leg, pivoting on the right foot and placing the left foot parallel to the line of scrimmage. The center in this case must be accurate with his lead pass, because with this footwork it is very difficult for the back to recover to his left to receive a bad pass.

The Direct Step in which the back starts with the foot nearest the direction he intends to run. For example: If the back intends to run to his right, he starts by taking a short step with his right foot, pivoting and driving off with the left foot.

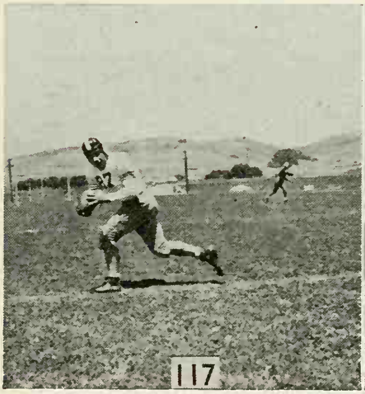


PLATE 117. *The cross-over step.*

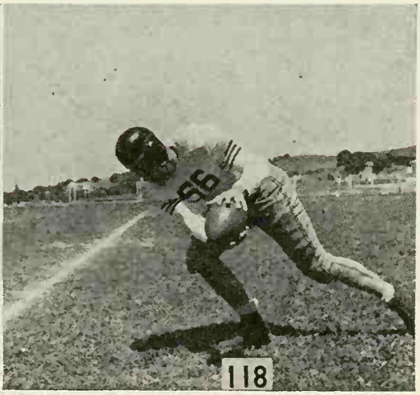


PLATE 118. *The direct step.*

The Fade Step in which the back steps to the rear just as the pass from center is reaching him. This type of footwork is sometimes used to develop drive straight ahead or to allow extra time for interferers to get in front of the ball carrier. (NOTE: The wingback on reverses or false reverses can use either the cross-over step or the direct step, adjusting the initial step to the path to be run.)

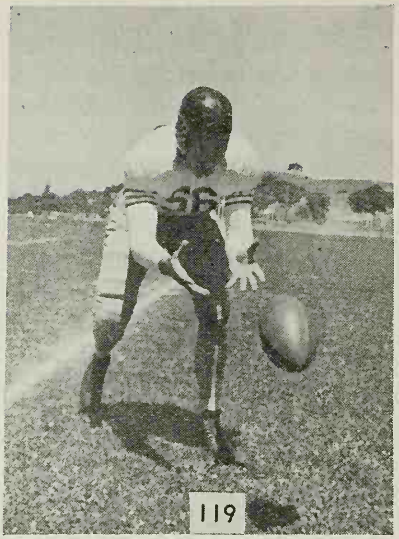


PLATE 119. *The fade step.*

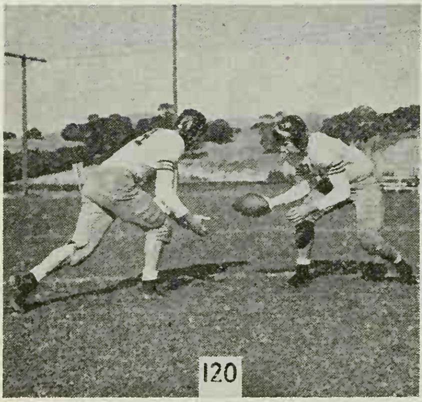


PLATE 120. *The wingback using the cross-over step.*

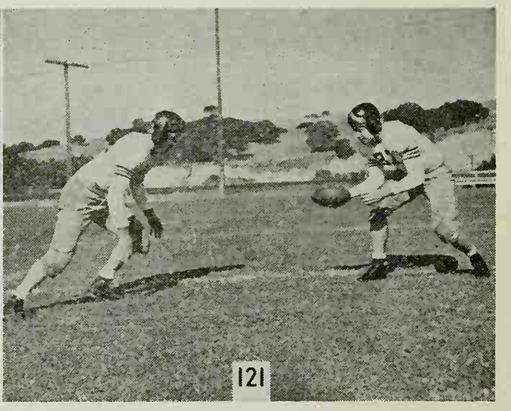


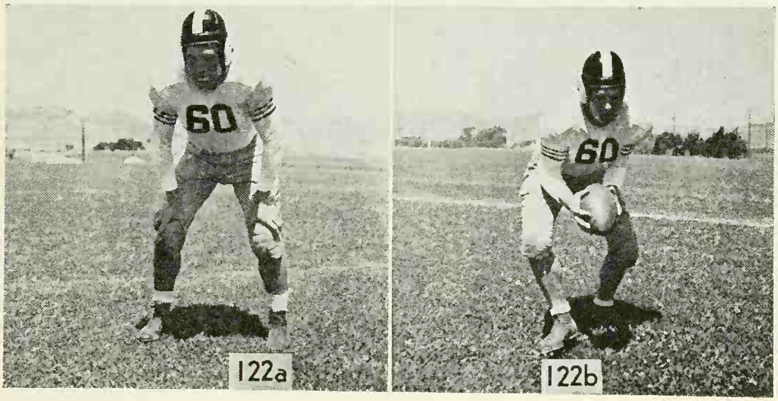
PLATE 121. *The wingback using the direct step.*

SPINNERS

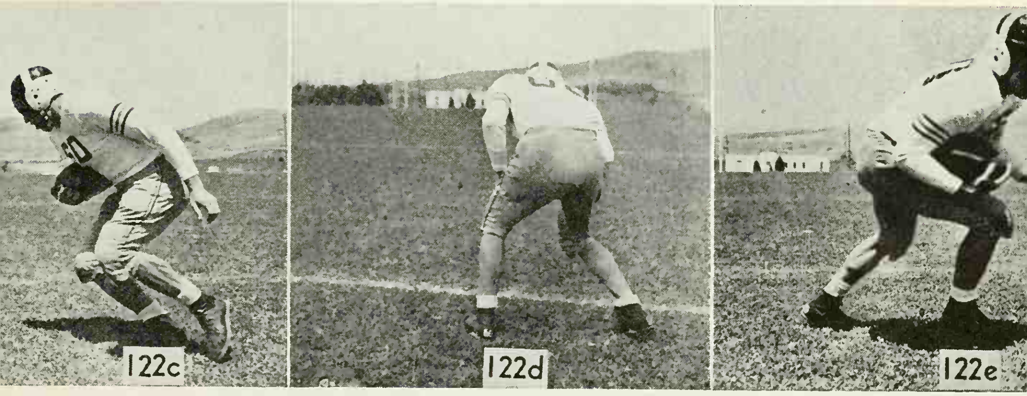
Spinning is a method of hiding the ball to deceive the opponents and of exchanging the ball between players. There is a great variety of spins and footwork, each having its value—the type must be chosen by the coach to fit his offensive plan. Two general classifications of spins are: (a) *Spins toward the Line of Scrimmage* in which the initial footwork of the spinner back moves his body toward the line of scrimmage; (b) *Spins away from the Line of Scrimmage* in which the initial footwork of the spinner back keeps his body in position or moves it away from the line of scrimmage. Spins can be executed from a three-point stance or a two-point (upright or semi-upright) stance.

Spins Toward the Line of Scrimmage

The Full Spin—with directional step (to the right).—Step forward with the right foot shifting the weight to and pivoting on that foot, swinging the left foot forward and around one half turn shifting the weight to left foot, bringing the right foot around backwards to complete the turn and driving off with it in the desired direction.



(a) *Stance—upright* (b) *Start of turn*



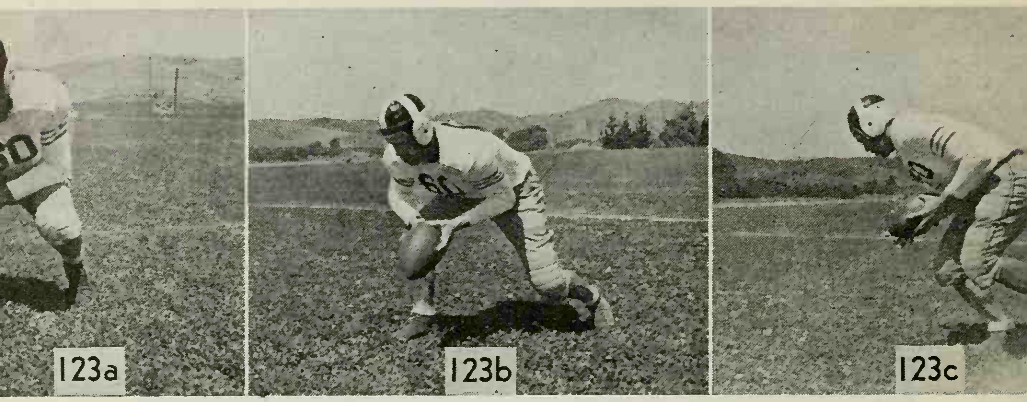
(c) *Quarter turn* (d) *Half turn* (e) *Full turn and drive o*

PLATE 122. THE FULL SPIN (TO THE RIGHT)

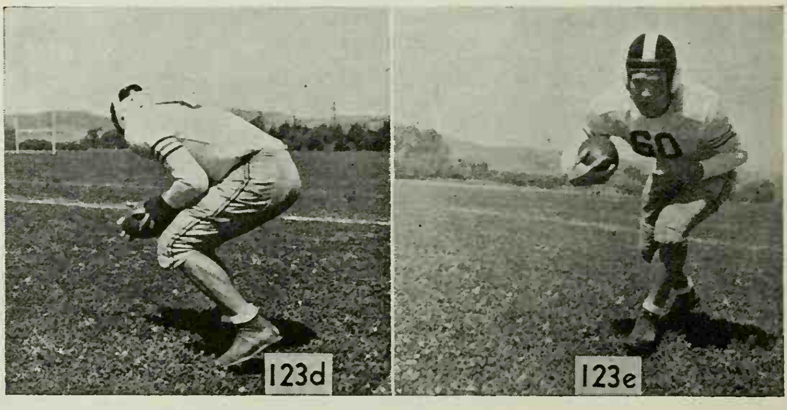
The Full Spin—without directional step (to the right).—Step forward and around one quarter turn with the left foot, shifting the weight to that foot, bringing the right foot around backwards three quarter's turn, pivoting and driving off with that foot.

The Full Spin—with directional step laterally (to the right).—The technique is the same as the full spin with directional step with the exception that the first step with the right foot is taken laterally.

The Half Spin—with directional step (to the right).—Step forward with the right foot, shifting the weight to and pivoting on that foot, bringing the left foot forward and around approximately one half turn. Shifting the weight to and pivoting on the left foot, bring the right foot around forward to the desired direction and drive off with the left foot.



) *Stance—three-point* (b) *Short step to right* (c) *Start of turn*



(d) *Half turn* (e) *Drive off*

Plate 123. The Half Spin (to the right)

The Half Spin—without directional step (to the right).—Step forward and around with the left foot one quarter turn, shifting the weight to that foot, bringing the right foot around forward to the desired direction and drive off with the left foot.

The Half Spin—with directional step laterally (to the right).—The technique is the same as the half spin with directional step with the exception that the first step with the right foot is taken laterally.

Spins Away from the Line of Scrimmage

The Full Spin (to the right).—Swing the left foot forward and around one half turn, pivoting on the right foot, shifting the weight to the left foot bringing the right foot around backwards to complete the turn and drive off with it in the desired direction.

The Half Spin—without directional step (to the right).—The weight is shifted to the right foot; turn the body to the right, stepping in direction desired with the left foot and drive off with the right foot.

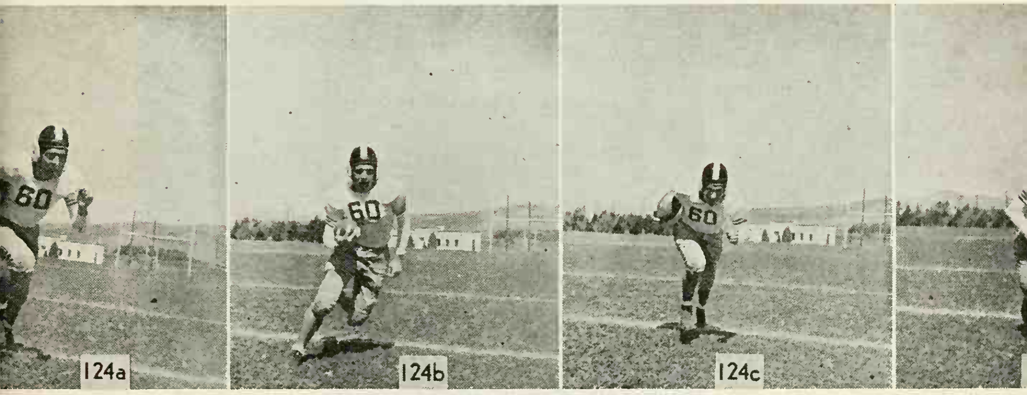
The Half Spin—with directional step back (to the right).—The technique is the same as the half spin without directional step with the exception that a short step back is taken with the right foot. (NOTE: Some coaches prefer to have the spinner back use a staggered stance to execute this spin.)

BLOCKING

Backfield players should be chosen for their ability to block as well as their ability to run with the ball. A back who will not block does not belong on the team and if he is allowed to play, the morale of the entire team will suffer. All backs in addition to mastering the execution of the shoulder block and cross body block should have a proficient working knowledge of the reverse shoulder block and reverse body block. The execution of these blocks is described in Chapter V—Blocking.

RUNNING WITH THE BALL

Every backfield combination should have at least one and preferably two fast, clever ball carriers. Running with the ball demands split vision, speed, cleverness and good judgment. Ball carriers should take full advantage of their interference and then make use of their cleverness to elude other tacklers. They should develop various dodging stunts to elude tacklers. They should start with short steps and run with head and eyes up, knees high and weight forward. When they are hemmed in and about to be stopped they should lower their shoulders and drive for extra yardage.



(a) *Knee and arm action* (b) *Body control* (c) *Weight forward, head and eyes up* (d) *Drivi*

PLATE 124. RUNNING WITH THE BALL

Hard running means driving for every yard of ground and unless backs learn and have the desire to run hard and drive for that extra few yards their team will often finish up with the small end of the score. A fast, hard running set of backs will electrify their teammates and make them all appear to be excellent blockers; whereas a slow moving set of backs will disrupt the entire blocking pattern of a play. There are two reasons for this: One is incentive—it is a pleasure to block ahead for backs who will make use of the blocks and get results. The other is hard, fast running itself—such players will naturally break through many tacklers' arms.

Stunts for Ball Carriers

Methods of eluding tacklers are many and sufficient time for practice should be given to develop one or more stunts.

The Change in Pace in which a ball carrier appears to be running at top speed, but has some in reserve and at the proper moment releases a burst of speed to outrun the defender. This maneuver is used to best advantage in the open field with the tackler moving laterally to meet the ball carrier.

The Straight Arm is generally used in connection with other dodging stunts. The ball is carried in the arm farthest away from the tackler, the other arm being used to apply the straight arm. The arm should be straight and held away from the body; the heel of the hand should contact the tackler's headgear.

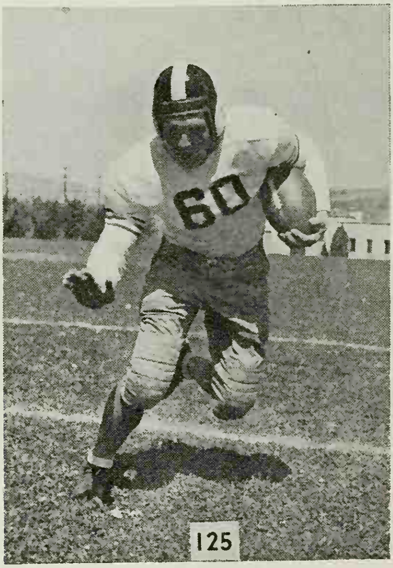
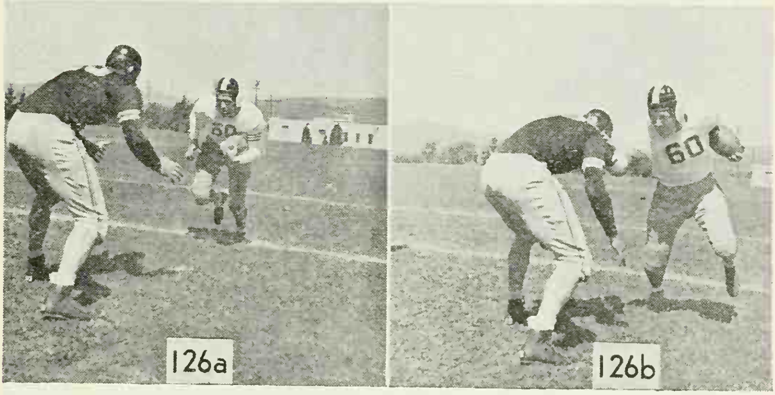
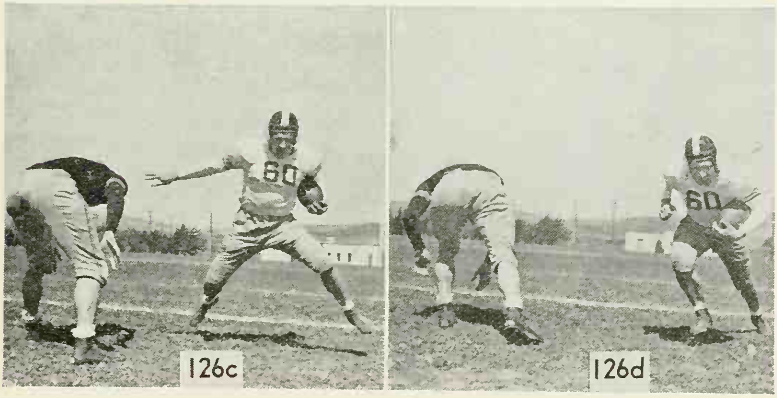


PLATE 125. *The straight arm.*

The Side Step with the Straight Arm.—The ball carrier thrusts his inside foot toward the tackler, the weight resting on that foot in much the same manner as a high jumper; the knee should be well bent and the body forward. As the tackler drives for the inside leg the back applies the straight arm and springs laterally.



(a) *Approach* (b) *Plant*



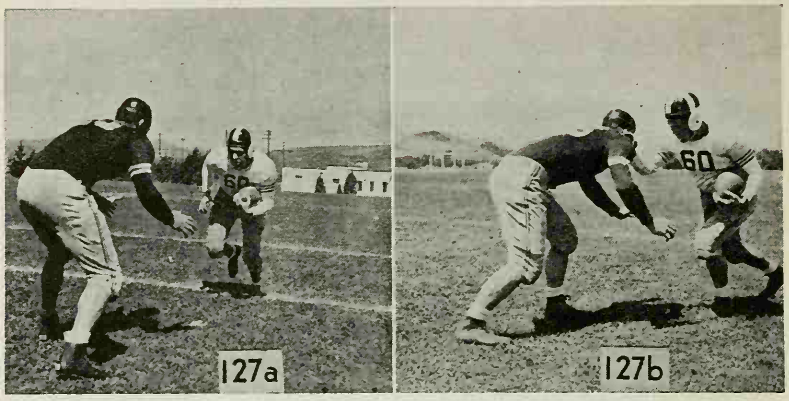
(c) *Side step* (d) *Break away*

Plate 126. The Side Step with Straight Arm

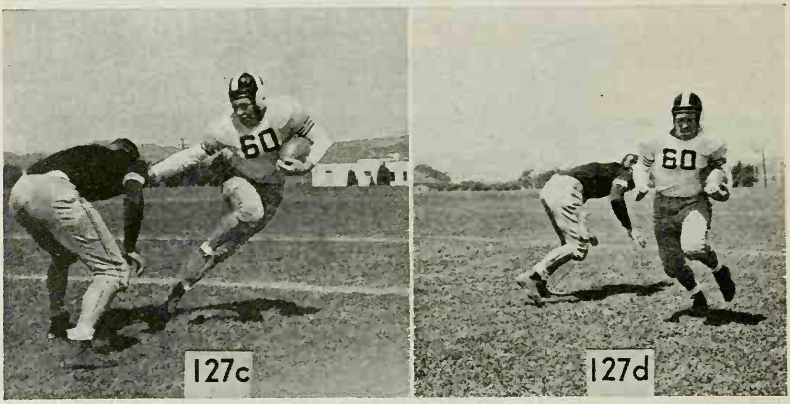
The Cross Over with the Straight Arm is executed by leading at the tackler with one foot, then crossing over with the other leg, in the same motion applying the straight arm.

The Pivot with the Straight Arm is accomplished by planting the outside leg, using the outside arm as the straight arm and sharply spinning backwards away from the tackler.

The Veer.—This maneuver is used mostly by players plunging the line. The back leads or starts in one direction with one or two short steps drawing the opponent in that direction, then by a short lateral step goes in a different direction.



(a) *Approach* (b) *Plant*



(c) *Cross over* (d) *Break away*

Plate 127. The Cross Over with Straight Arm

Reversing.—The back usually runs parallel to the line of scrimmage and when opposite the hole crosses over with the outside foot. As he breaks through the line of scrimmage, another cross over is executed with the same outside foot taking the ball carrier opposite the direction in which he started.

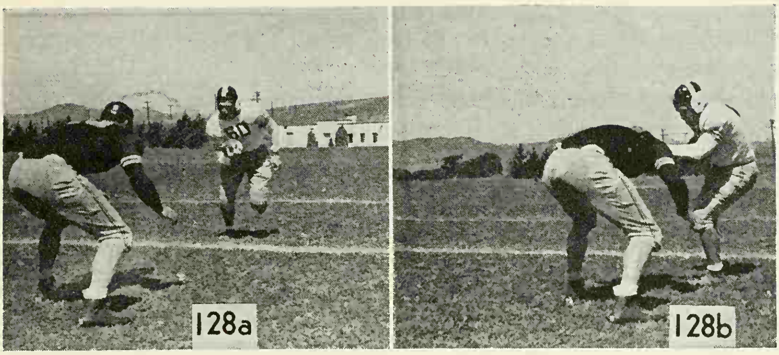
COACHING POINTS (OFFENSIVE PLAY)

(1) Stance must be comfortable and one from which you can start quickly.

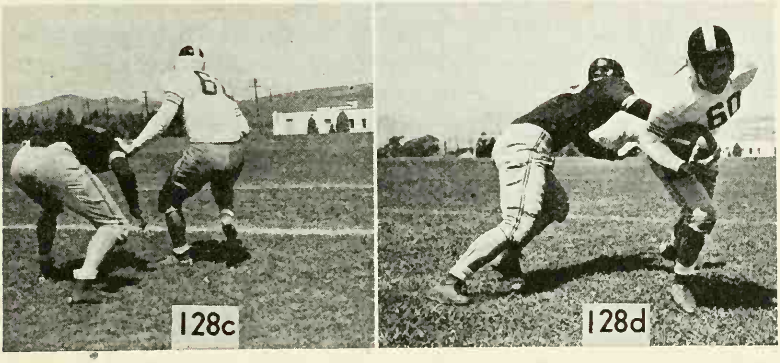
(2) Do not lean or point the play. Be relaxed.

(3) Head up and eyes fixed on the ball or straight ahead.

(4) Maneuver for blocking position and keep your body between the opponent and the play. Time your blocks.



(a) *Approach* (b) *Plant*



(c) *Pivot* (d) *Break away*

Plate 128. The Pivot with Straight Arm

(5) Make use of your interference.
(6) When carrying the ball run hard and drive for extra yardage.
(7) When falling to the ground cover the ball with both hands.
(8) Don't be a fumbler. One fumble can lose more ground than you can gain all day.
(9) Make your fakes, feints and false starts look real.
(10) Make use of your stunts to elude tacklers.
(11) Run toward the opponent's goal line.

DRILLS

(a) Playing catch and handling the ball.
(b) Skeleton drill for handling the ball and fast starting. Set up backfield formation and have center snap ball.

(c) Passing drill.
(d) Kicking drill.
(e) Protect the ball. Tacklers try to grab at ball and make ball carrier fumble.
(f) Blocking against dummies.
(g) Skeleton blocking drill. Backs block a defensive end and tackle.
(h) Dodging drill. Practice eluding tacklers.

DEFENSIVE PLAY

The Linebacker

The player or players who back up the line have one of the most important defensive positions on the team. It has often been said that a line is only as strong as its linebackers. A mediocre line can be made to look exceptionally strong by good linebacking, while a good line will look mediocre with poor linebackers.

The importance of the linebacker lies in the fact that he is in a position to get into nearly all plays and he is difficult to block. The linebacker usually plays from two to five yards back varying the distance with the down, distance to gain and type of play of the opponent. He should diagnose the play, direct and guide the defensive linemen and help them adjust their positions. He should watch the eyes and stance of the offensive backs and guards for play clues. Sometimes the blocking back can be used as a lead.

The linebacker's motto should be "look first and then move," in other words he should diagnose the play before moving to it. If the ball goes to a close back, he should move up to stop a line plunge, staying under control in order to react to the unexpected. As the hole opens up the linebacker should meet the play in the hole, driving the interference back into the ball carrier. If one blocker is leading through the hole the linebacker should not play around him, but should tackle him as though he had the ball, thus piling up both interferer and ball carrier. If there is more than one blocker the linebacker can throw his body under the mass of interference.

If the ball goes to a deep back the linebacker reacts with him. If the back starts laterally the linebacker starts laterally; if he starts back, the linebacker loosens up; if he starts a spin the linebacker holds his ground. In all of these reactions he must keep himself under control, ready to adjust to other situations.

On wide plays to his side he should keep to the inside, coming up hard and fast charging directly into the heart of the play. On plays to the other side of the line he must be careful to reinforce slowly, playing for cut-backs over his territory. In pass defense the linebacker may be given a zone from five to fifteen yards deep to cover or a specific man to cover depending upon the defensive plan.

The Halfbacks

The halfbacks should play from seven to twelve yards deep and approximately behind their own ends. The primary responsibility of the halfback is to stop wide end runs and forward passes. He should look to the offensive end for clues. Usually if the end blocks, the play is a run and he is fairly safe in coming up fast to meet it. If the offensive end breaks through and comes down field he may expect a pass or kick and in this case his first reaction should be to give ground. On a wide play to his side he should come up fast to the outside attempting to make the tackle at the line of scrimmage. If the play is inside in his direction he should come up from the outside; he should not be caught in and let the ball carrier break to his outside.

On plays to the other side the halfbacks should slowly move over and back to reinforce, looking for cutbacks, reverses and bootleg plays. The halfback should cooperate with the end in his defensive play. If the end is smashing in sharply, the halfback should come up fast to the outside; if the end is floating and attempting to run the play out of bounds the halfback should come up to the inside of the end.

The halfback should try to maneuver the ball carrier into a position where he has the best angle for tackling (meet him at the cross roads). He should not squat and wait for the ball carrier to come to him. On pass plays the halfback must be careful not to let a receiver get behind him; he should keep between the opponent and the goal line until the ball is in the air, then play the ball.

The Safety Man

The safety man's position usually depends upon the plan of defense, but generally he plays in line with the core of the offense from twelve to twenty-five yards deep. The safety man is just what the term implies, he is *last* man in the defense. He should be an excellent defender against the forward pass and he should be the surest tackler on the team. He must keep the running play in front of him and move to meet it under full control. If the other players fail to tackle the ball carrier the safety man should not worry over a few yards' gain, but should concern himself only with making a sure tackle to prevent a score. He should try to maneuver away from the ball carrier's free arm.

In pass defense his assignment may be to play the ball or to cover the deepest receiver. He may also be assigned to cover a definite man.

The line and the secondary prevent first downs; it is the responsibility of the safety to prevent touchdowns.

Coaching Points (Defensive Play)

(1) Observe the offensive formation and the arrangement of personnel.

(2) Know the situation (location of the ball, down, distance to gain) before every play.

(3) Watch the opponents for clues or tip offs.

(4) The blocking back will very often lead the linebacker to the play.

(5) Linebackers should meet inside plays on or behind the line of scrimmage.

(6) Use hands to ward off blockers.

(7) Halfbacks should take their cues from the ends.

(8) Do not let a receiver in your territory get behind you.

(9) Halfbacks must protect their own territory.

(10) Play the ball on passes once it is in the air.

(11) Intercept all forward passes except those which would result in loss of yardage.

(12) Safety man can generally play closer on first and second down.

(13) Study the tailback, he may not be a punter or a passer.

(14) Play closer when opponents are going against the wind.

(15) Be careful about catching a wet ball on punts.

(16) Be conservative about jumping or stabbing at high passes.

(17) When opponents are deep in your territory, play close.

Drills

(a) Linebacker drill. Place one linebacker behind line, have blockers break through. Linebacker wards off or smashes blocks and makes tackle.

(b) Individual pass defense drill. Receiver attempts to get free of defender.

(c) Various types of scrimmage. Dummy, partial, full speed.

(d) Skeleton pass defense drill. Passer throws ball between defenders or to one side and defenders attempt to catch it.

PART III

Individual Skills and Team Execution

On every football team a few individuals must contribute the exceptional skills and those individuals when supported in their technique by their teammates make for sound execution of these skills.

CHAPTER X

The Kicking Game

The punt is the most important play in football—the kick, or some play growing out of it, will generally determine the outcome of a game. The average team will kick from eight to ten times during a game therefore one team has approximately twenty opportunities (consisting of kicking and receiving the ball) to gain yardage or to put itself in a favorable position on the field. Thus the team with the better kicking game has a distinct advantage.

Punting is a highly specialized skill and only through diligent practice can a player become an accurate and reliable kicker. After the correct form of punting has been learned, constant practice is necessary to develop a player into a good consistent kicker.

PUNTING

The Technique of Punting (Right Foot)

The kicker usually stands ten yards behind the line of scrimmage, feet slightly apart and staggered, legs partially flexed at the knees, weight evenly distributed on the balls of the feet. The body should be slightly inclined from the waist, arms and hands comfortably extended in front of the right hip, the left hand slightly in advance of the right, fingers spread, palms upward and shaped to fit the ball as it is received from the center. The kicker must be physically relaxed but mentally alert, the hands receiving the ball with an easy liquid catch, adjusting the ball so that the laces are up. The eyes should follow the course of the ball from center until it has been caught and should remain on the ball until after it has been kicked.

Holding and dropping the ball are two of the most important factors in punting. It is extremely important that the hands be released from the ball in such a way that the long axis will remain in the same position from the time the ball leaves the hands until it comes in contact with the kicking foot. As a general rule the ball is held with the forward point slightly in and slightly downward. Some methods of holding and releasing the ball are:

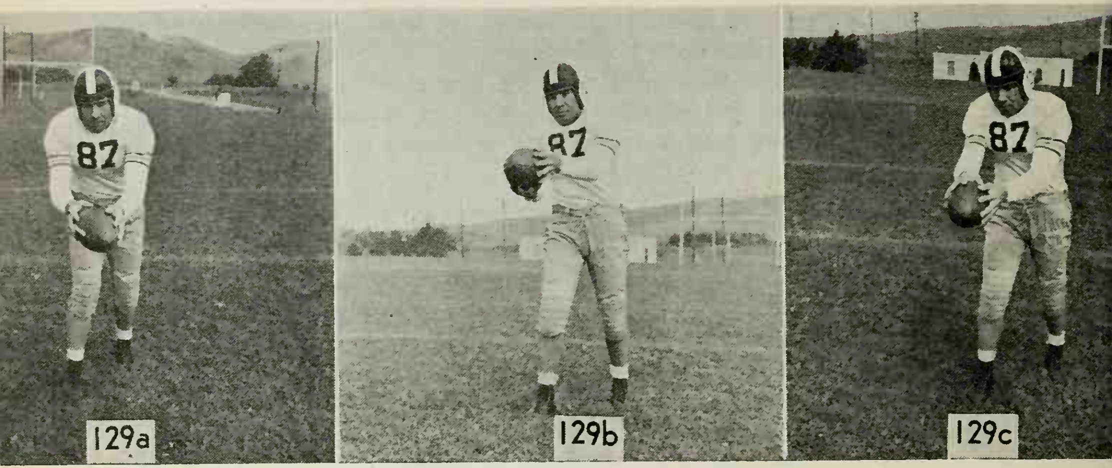
(a) *Hands on Side of Ball,* i.e., the right hand, fingers spread, on rear side of the ball, the thumb crossing over to the left side of the ball; the left hand, fingers spread, on the forward side of the ball. The release is made by drawing the left hand quickly away and by virtually placing the ball on the instep with the right hand.

(b) *Right Hand underneath Ball, Left Hand along Side,* i.e., the belly of the ball resting in right hand, fingers spread; fingers of the left hand spread along middle left side of the ball. The release is made by drawing the left hand quickly away and suddenly dropping the right hand downward.

(c) *Right Hand on Top of Ball,* i.e., the right hand, fingers spread, on top of and slightly to the rear of the ball; the left hand, fingers spread, on the forward side of the ball. The release is made by drawing the left hand quickly away and by placing the ball on the kicking foot.

NOTE: In all the above methods the drop of the ball should be shortened by keeping the head and the shoulders slightly inclined.

The ball is guided, as explained above, until it meets the foot whose motion has been started by swinging the leg from the hip, the lower part of the leg being in a flexed position. The kicking leg should be swung through on a perpendicular arc, the center of the long axis of the ball meeting the outside part of the instep approximately two feet above the ground. The lower leg is straightened out and the knee joint is locked as the foot meets the ball with the toe extended thus imparting the proper snap to the kick. The kicker should adjust the upward, downward or outward sweep of his arms so as to aid the follow through and also to aid in maintaining a balance which would enable him to walk forward rather than fall backward. The punter should execute his kick in a deliberate smooth fashion getting the kick away in two seconds or less.



(a) *Hands on side of ball*

(b) *Right hand underneath ball, left hand alongside*

(c) *Right hand on top of ball, left hand along side*

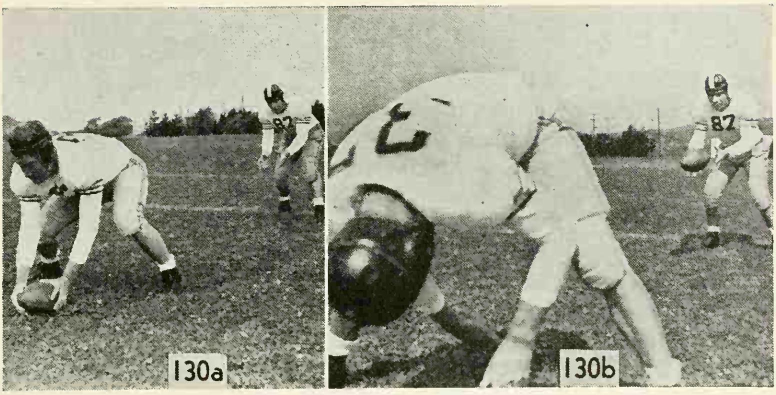
PLATE 129. METHODS OF HOLDING THE BALL (PUNTER)

NOTE: The coach should not attempt to change the form of a natural kicker but rather should focus his attention on improving the natural kicking ability.

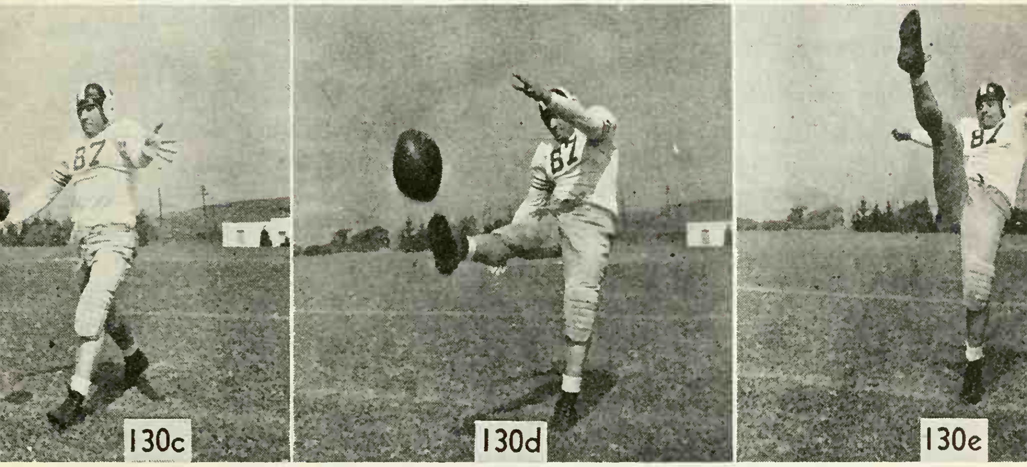
Methods of Punting (Right Foot)

Some of the methods of punting commonly used are:

(a) *Stepping Back.*—The kicker stands erect, left foot slightly in advance of the right (heel and toe alignment), weight carried primarily on the left foot. As the



(a) *Position* (b) *Receiving the ball from center*



(c) *The drop* (d) *Kick* (e) *Follow through*

PLATE 130. THE PUNT

ball is caught the kicker takes a short step backward with the left foot to a position of heel and toe alignment. He then pushes off with the left foot taking a short step forward with the right, a full step with the left and kicks.

(b) *The One Step Kick.*—The kicker stands with both feet parallel, takes one step forward with the left foot and kicks.

(c) *The One and One-Half Step Kick.*—The kicker stands with the right foot either slightly back or slightly ahead as the ball is caught the kicking foot is brought forward one half step, followed by a full step with the left foot and the kick.

(*d*)*The Rocker Step.*—The kicker stands with both feet parallel. As the ball is passed the right foot is moved back one half step and the weight shifted to that foot, the player pushes off with the right foot, takes a short step with the left foot and kicks.

Types of Punts

The Spiral Punt which revolves the ball on its long axis, is the most popular kick for distance. The ball should be placed evenly balanced on the foot and it must be at a slight angle from the line of flight.

The End-Over-End Punt rotates the ball on its short axis; it is made by placing the ball evenly on the foot and parallel to the top of it. It is popular for quick kicks and is also used where a long roll is desired.

Punters Should

(a) Keep eyes on ball until it is kicked.
(b) Snap the lower leg and contact the ball with toe extended
(c) Hit the ball with the outside part of the instep.
(d) Virtually place the ball on the kicking foot.
(e) Kick straight through the ball rather than across the ball.
(f) Follow through with extended toe—proceeding forward, never dropping back.
(g) Keep the left toe in contact with the ground on the follow through.
(h) Be at least ten yards back in deep punt formation.

Placing the Kick

Placing the kick is the centralizing of the fall of the ball into a certain place so that the safety man will not be able to handle the punt. The punter can face the point at which he wishes to kick before receiving the ball, or on receiving it he can step in the direction he wishes to kick.

PUNT PROTECTION

There is no greater responsibility placed on the offensive team than that of protecting the punter. The punt protection varies somewhat depending on whether

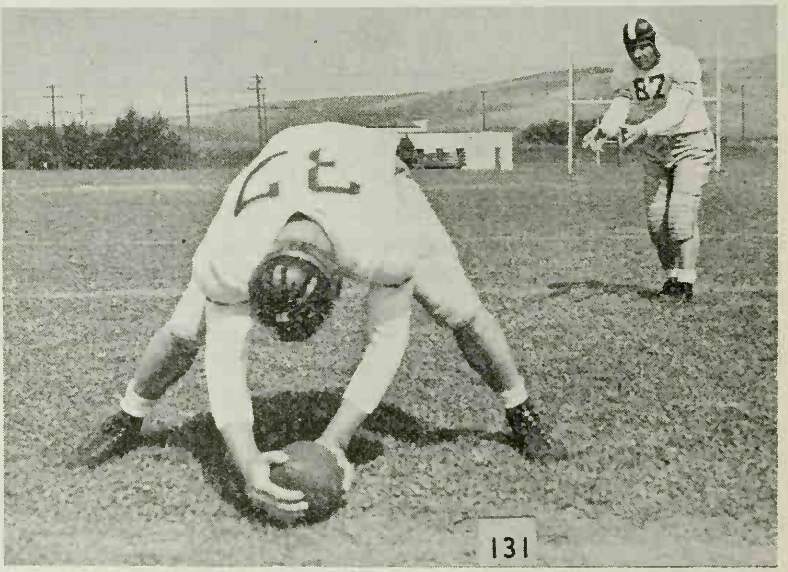


PLATE 131. *Kicker facing point of kick. Note kicker's position on an angle pointing to the right and slightly to the center's left.*

the kick is an offensive or a defensive weapon. Ordinarily when the punt is used as an offensive weapon the kick is made on first, second or third down. The defensive team cannot concentrate on rushing on these downs without leaving itself vulnerable to runs and passes. If the defensive team does not exert pressure on the kicker, blockers can be released more quickly to cover the kick. When used as a defensive weapon the offensive team punts on late downs or on an earlier down if the ball is deep in its own territory. In this situation the defensive team very often concentrates on rushing the kicker, thus it is necessary for more men to block. In many such cases the offensive ends must block before releasing to cover the kick.

The object of punt protection is to keep the kicker's area free of opponents. This requires concentration on the protection of a triangular area, the base of which is formed by the five center linemen, the two sides being composed of backs and the angle at the point of the triangle encompassing the kicker's foot. The point of the triangle should be to the right of a median line if the kicker is right footed and to the left of the median if he is left footed.

In protecting a right footed kicker two backs are placed on the right side of the formation and one back on the left side. This of course leaves the left side weaker which indicates that the left end usually has a blocking responsibility before covering the punt. By carefully adjusting his position away from his tackle he can force the defensive end too wide to be effective in rushing, or he can bring him to a position where the offensive end can step into him before covering the kick.

The responsibility of the five center linemen is to keep the defensive players from breaking through the base of the triangle. (See Chapter VII—Line Play.) The backs protect the sides of the triangle by blocking out. There are two waves going down to cover the punt: The first consists of one or two linemen and perhaps one back who can release because of the defensive plan. At the sound of the kicker's foot hitting the ball all the players with the exception of the kicker should fan out and cover the kick.

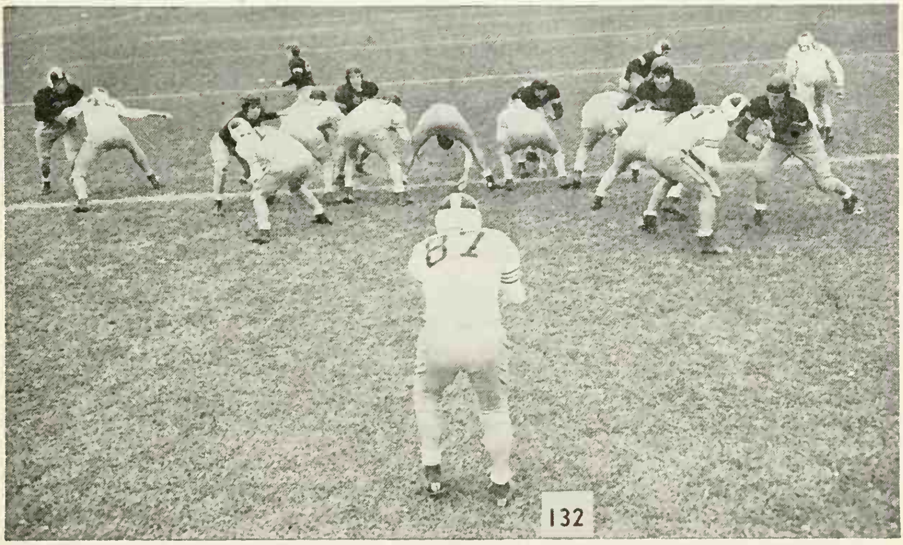


Plate 132. *Keeping kicker's area free of opponents.*

A popular method of protecting the punter against the standard six man line is as follows: The two ends are released with the snap of the ball, the left end stepping toward the defensive right end with his *left foot* forcing him wide, the five center men holding a solid wall by keeping a wide base, shoulders square, and closing the seam to their inside. The center, after passing the ball, should take a short step back and set himself so that he will not be pulled or pushed out of position. The offensive linemen should force the opponents to declare, then set themselves in a fairly high position for the block. It must be remembered that the offensive blockers are not trying to move the defensive men but are trying to keep their bodies between the defensive men and the kicker. (See Chapter VII—Line Play.) The two backs on the right side position themselves between the offensive guard and tackle. The front back is two yards back of the line of scrimmage, and the other back is directly behind him four yards back of the line. The back on the left side, lines up between the offensive guard and tackle and is three yards back of the line of scrimmage. On the snap of the ball, the backs step with the inside foot forward and around one quarter turn, and as the defensive men charge over their position, they block them out.

The first responsibility of the two backs close to the line of scrimmage is to see that no opponent gets between them and the line. The responsibility of the second man on the right is to keep a defensive man from breaking through between the front back and himself. The backs must not leave their position to go after a defensive player who is charging wide. Leaving their position would open up the inside thus giving a defensive man a direct charge to the kicker's foot.

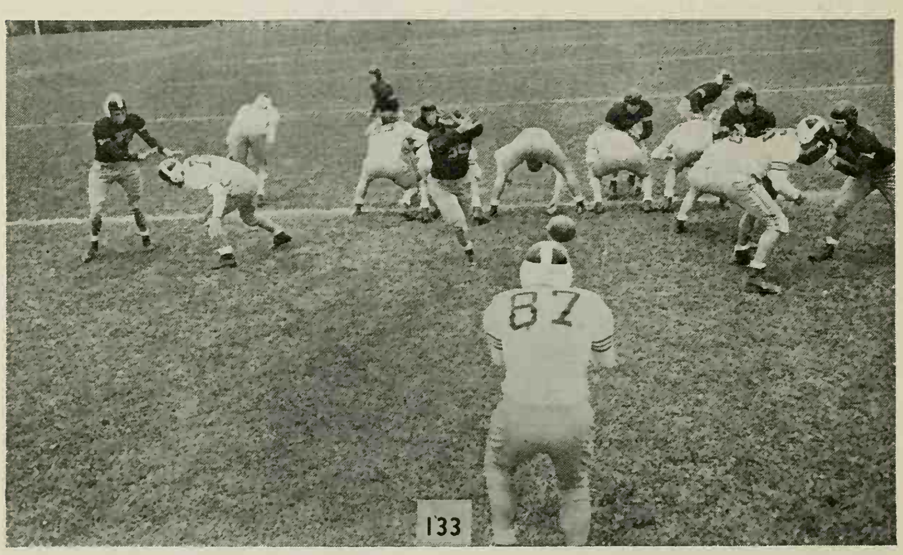


Plate 133. *Blocking mistake. Note blocker on left has moved out to block defensive end, letting tackle into kicker's lane.*

A variation of the solid wall protection is to release the center with the ends in the first wave, and release both tackles in the second wave after they have executed a shoulder check block on the defensive tackles.

A method of blocking against the five man defensive line is to release the ends on the snap of the ball, the tackles blocking the defensive tackles man for man. The offensive guards charge on the defensive man in front of the center using a straight shoulder block to drive him backward before releasing him to the center. Upon releasing, the guards go down the field as the second wave under the kick.

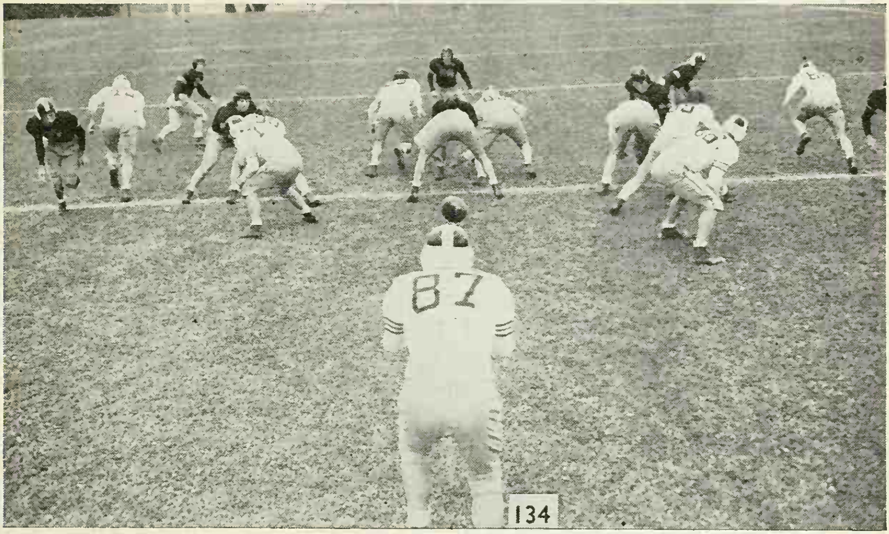


PLATE 134. *Blocking against five man line. Note guards have charged defender over center and are releasing to go down field under kick.*

In covering the punt the ends should go down fast and keep to the outside thereby forcing the punt receiver to run to their inside. (See Chapter VIII—End Play.) Linemen forming the second wave should go directly to the punt receiver while those in the third wave should fan to the outside. After blocking, the backs should go down and support their ends in covering the kick.

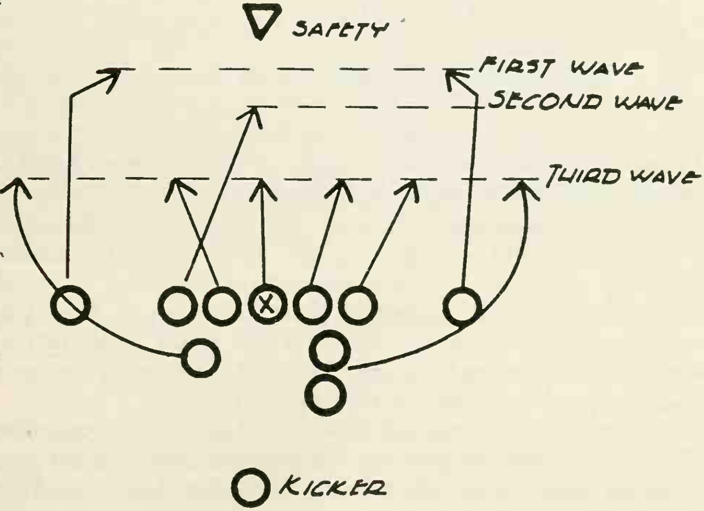


FIG. 1. *Covering the punt.*

The Punt as an Offensive Weapon

Yards gained by punting are just as valuable as those gained by running and many times the punt is the surest and quickest way of gaining ground. With a favorable wind the quarterback should lose no time in using his punter to obtain an advantage over the opponents. The team with the superior kicker will, after a few exchanges, have a definite advantage in regard to the position on the field. The advantage gained is the unrestricted use of the offensive attack; at the same time pressure is kept on the opponents by limiting the use of their offense.

DEFENSE

Rushing the Kicker

One of the best defenses against the punt is rushing the kicker. Rushing the kicker helps defend against the punt in the following ways: (1) Makes the kicker hurry his kick thus affecting the timing; (2) Forces him to kick high and short to avoid having the kick blocked and (3) Keeps the kicker from placing his kicks thus giving the safety man a better opportunity to catch the punt.

When rushing the kicker on any down except a sure kicking down, most of the rushing must be done by the linemen with the ends playing cautiously to guard against a fake kick and run. The charge of the defensive line should be hard and fast across the line of scrimmage, driving into the kicking lane to the spot where the kicker's foot will meet the ball. Such maneuvers as foot fakes and side steps will aid the player in getting in position to block the kick. When in the kicking lane in a position to block the kick, the body should be erect with the arms crossed in front of face and over head. This gives the maximum length of the body with which to block the kick.

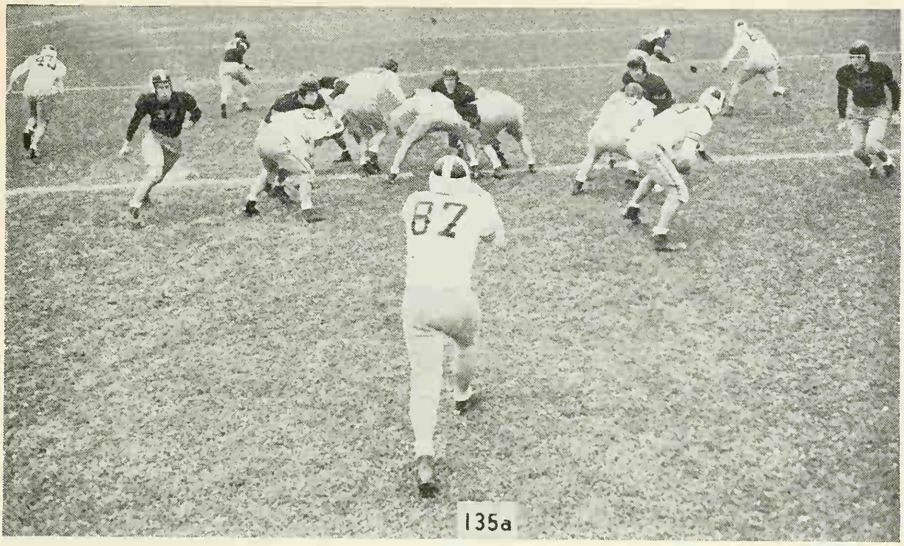
Kick Blocking Stunts

On sure kicking downs special kick blocking stunts may be employed. Some of these stunts are:

(a) *Right End Going in on the Weak Side.*—The right tackle goes through to the inside of the protecting back forcing him to block in; the right guard pulls the left offensive tackle in by grabbing him over and behind the shoulders; the right end should maneuver so that at the snap of the ball he can dart through inside of the offensive left end into the kicker's area and in front of his foot; the line backer to the right side must move out to the right to make the play safe on that side.

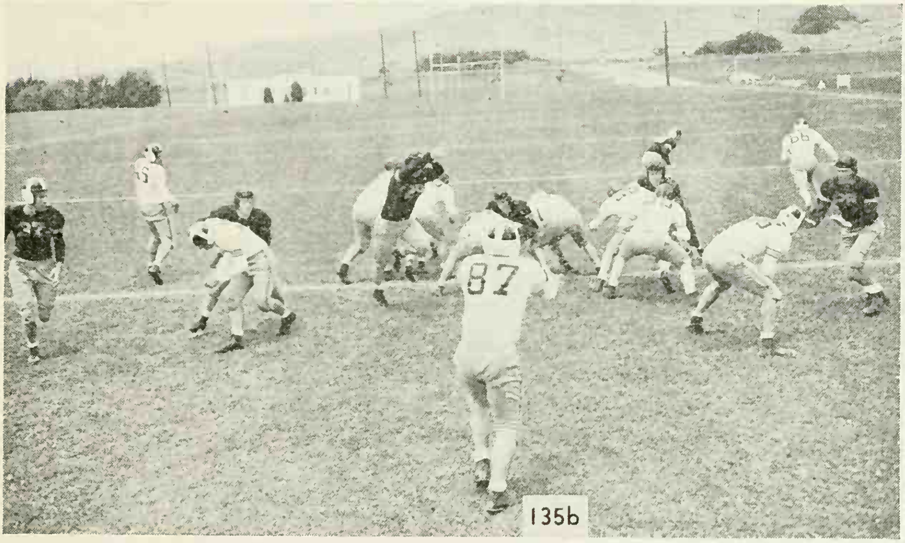
(b) *Right Tackle Going in on the Weak Side.*—The linebacker on the right comes up inside of his own tackle and with the snap of the ball charges across to the outside of the protecting back attempting to draw him out; the tackle cuts sharply in back of the linebacker and to the inside of the protecting back; the right defensive end protects the outside and the linebacker on the left moves over to a position in front of the offensive center.

(c) *Pulling the Center and Guard and Letting the Linebacker through the Middle.*—The right guard pulls the center to the right, the left guard pulls the right offensive guard to the left and the linebacker darts through the middle to the kicker's foot.



135a

(a) *Right end going in*



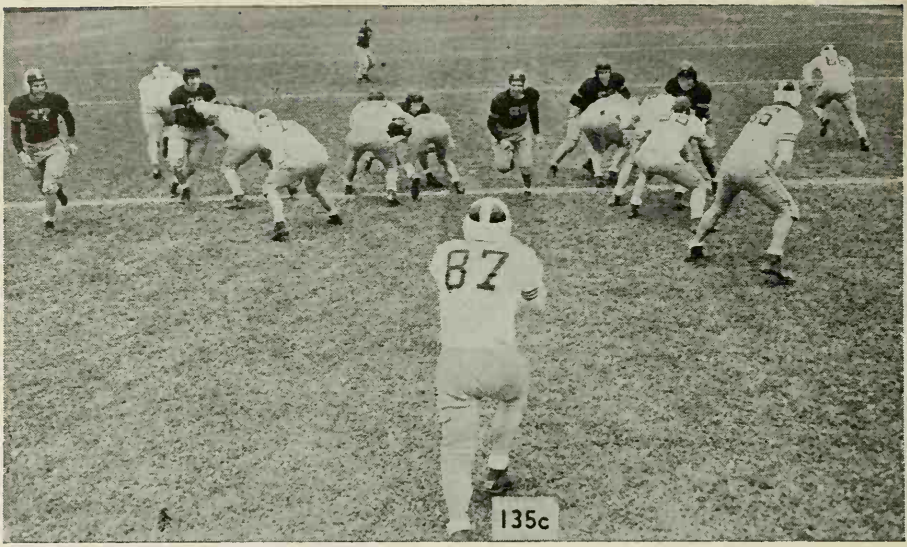
135b

(b) *Right tackle going in*

PLATE 135. PUNT BLOCKING STUNTS

RETURNING THE PUNT

Returning the punt is another effective defensive measure. When expecting a punt the safety man should play from thirty to thirty-five yards from the line of scrimmage, his depth, however, depending upon the ability of the kicker and upon wind conditions. Many punt receivers have a tendency to play too deep.



(c) *Linebacker through middle*

PLATE 135. PUNT BLOCKING STUNTS

although it is a good idea to play the maximum distance back as it is much easier to come *up* and catch the ball rather than to go *back* and catch it. (See Chapter IX, Punt Receiver.)

The first move of the safety man after catching the ball should be forward to draw the offensive ends in, and then he may break to either side. The defensive halfbacks should move back with the ends and block them as they declare themselves toward the punt receiver. It is important for the halfbacks to remember to keep the ends busy at the proper moment. They may use a body block or a shoulder block, but they must keep themselves between the safety man and the ends from the time of the catch until the receiver is underway with the ball. The two linebackers should drop back a few yards and each should block the first man down on his own side.

Special Plays

Special plays are often used in returning the punt. Two of these are:

(a) *Rushing the Kicker with One Side of the Line,* forcing him to kick in the desired direction. For example, if the defense lines up a 5-3-2-1 formation with the idea of returning the punt to the right, the left defensive end and tackles should rush; the defensive guard in front of the center holds up or delays the right offensive guard and center; the right defensive tackle delays the left offensive tackle and then plays his side cautiously. The outide linebacker on the right and the right halfback double up on the left offensive end as he breaks downfield; the outside linebacker on the left drops quickly back and blocks the right offensive end, while the left halfback and the middle linebacker swing to the right to pick up the punt receiver who, on catching the ball, takes two or three steps straight ahead and then breaks to his right. After completing their assignment of rushing, the left defensive end and tackle continue on around to their right offensive end, while the left halfback and the middle linebacker swing to the right to pick up the punt receiver who, on catching the ball, takes two or three steps straight ahead and then breaks to his right. After completing their assignment of rushing, the left defensive end and tackle continue on around to their right to aid in blocking; the defensive guard, the right tackle and the right end also swing back after their first assignment is completed to aid in the blocking for the ball carrier.

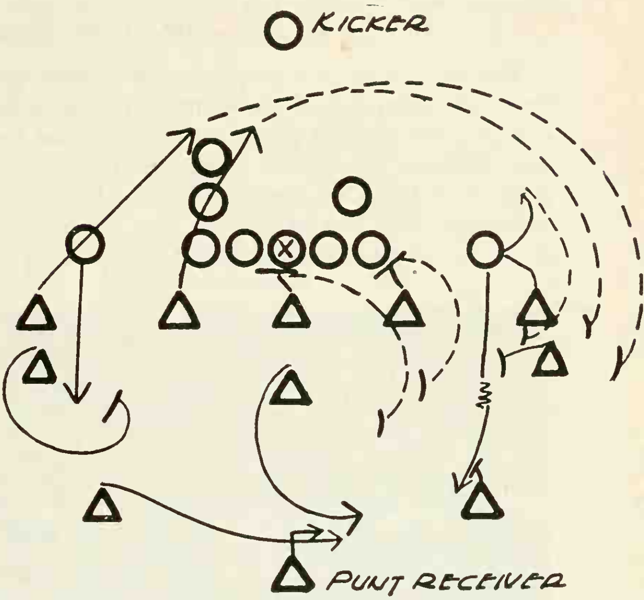


FIG. 2. *Combination rush and return play.*

(b) *The Criss-Cross.*—Another method is to place two safety men back and have them execute the criss-cross. For example, if the plan is to return the punt to the right, the safety man on the right would catch the ball and start running to the left, while the other safety man would fake starting to the left, then cut behind the receiver taking the ball from him by means of a backward pass and then continue to the right. The linemen in the meantime make a one-step charge then swing laterally to the right, forming a wall of blocking for the ball carrier. The other backs maneuver for position on the men coming down and block them to the left. (NOTE: If the ball is caught by the safety man on the left he would run to his right and fake giving the ball to the other safety man.)

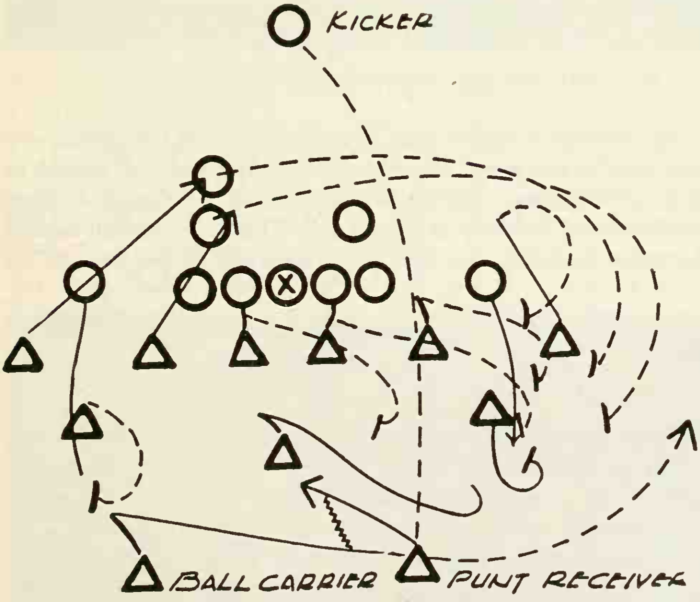


FIG. 3. *The criss-cross return.*

TYPES OF KICKS

The Quick Kick

The quick kick is a surprise punt usually executed from a close formation Its success is based upon the element of surprise and the speed with which the kick is made, therefore the play should be executed from a running or passing formation. Without the element of surprise and speed the quick kick is dangerous because it is liable to be blocked since the ball is kicked close to the line of scrimmage. The kick should be used when the safety man is close to the line of scrimmage or with a wind behind the kicker.

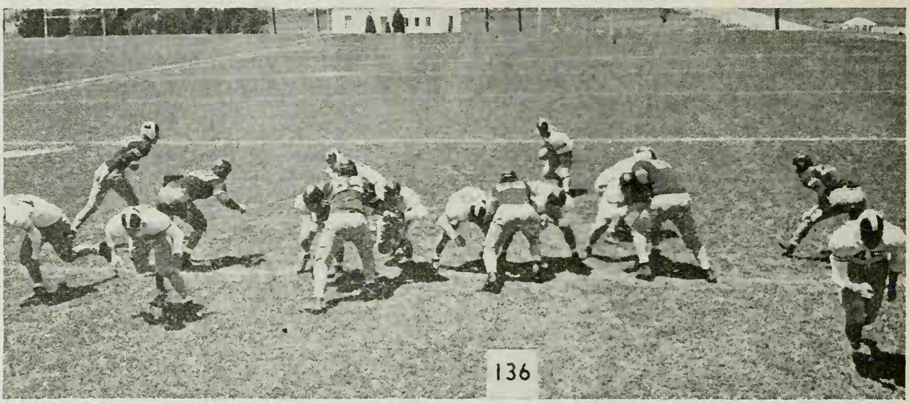


Plate 136. *Quick kick from single wingback formation.*

Any of the punting methods described may be used. However the rocker step with an end-over-end kick is preferred. Speed in getting the kick off should be emphasized. The kick should have enough force behind it so that it will go over the safety man's head and continue in a long roll. The kicker should assume his normal backfield stance, receiving the ball from the center at the knee of his

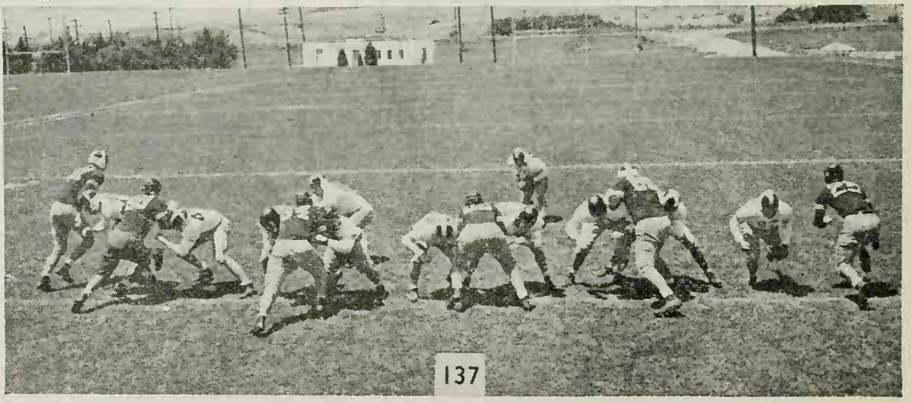


Plate 137. *Quick kick from double wingback formation.*

kicking foot. Very little, if any, time should be spent in adjusting the ball. The footwork should be executed with the body in a low position, and only after the follow through has been completed should the body be straightened up.

In blocking for a quick kick an aggressive shoulder to shoulder charge should be used; the offensive linemen driving the defensive players back and then continuing downfield to cover the kick. (Note: Some coaches prefer to have their linemen use solid wall blocking.)

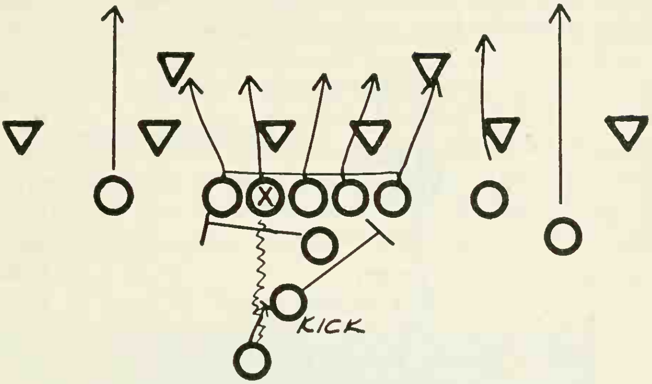


FIG. 4. *Quick kick protection (Single wingback formation).*

THE PLACE KICK

The place kick is made by kicking the ball from a fixed spot on the ground. The ball may be held in position by a player of the kicker's team but must not be raised above the surface of the ground by artificial tees or mounds of earth. The place kick involves the complete cooperation of three players: The center, the holder and the kicker. The center must pass the ball low and fast to the exact target formed by the holder's hands; the holder must quickly place the ball on a pre-determined spot and the kicker must kick the ball the instant it is placed in position.

A spot to place the ball should be selected and marked by the kicker and the holder. This mark should be from seven to eight yards back of the center and the line with the middle point of the goal post cross bar. In holding the ball for a right footed kicker the holder kneels on the right side of the ball, places his left knee on the ground opposite the selected place and extends the right leg toward the line of scrimmage. Both arms should be comfortably extended toward the center, the hands receiving the ball with an easy liquid catch and quickly placing the ball in a perpendicular position. The fingers of the left hand should place the lower point of the ball on the spot selected and the fingers of the right hand should hold the ball on the top point until it is kicked. Another method of placing the ball on the selected spot is as follows. The holder

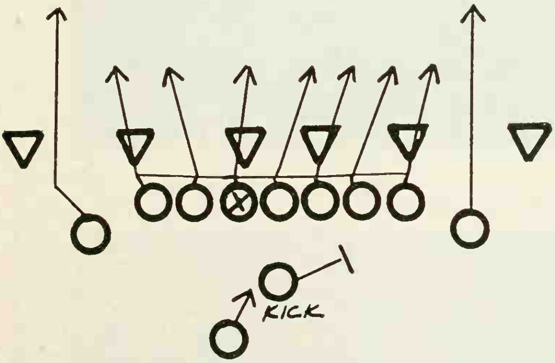


FIG. 5. *Quick kick protection (Double wingback formation).*

extends both arms toward the center, the right hand above the left, both palms pointing toward the center, forming a pocket for the ball and presenting a target for the center. As the ball is caught, the position of the hands is rotated. The fingers of the right hand place the lower point of the ball on the selected spot and the forefinger of the left hand remains on the top point of the ball until it is kicked.

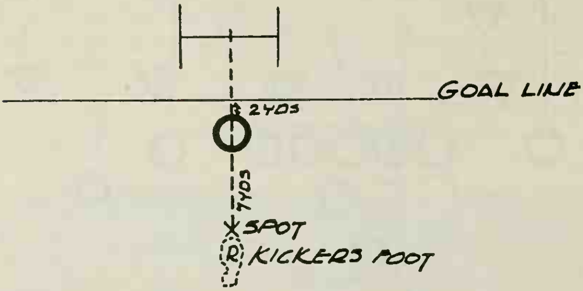
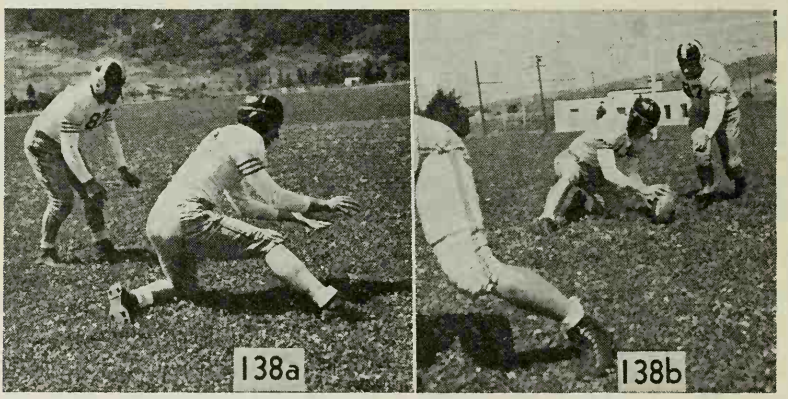
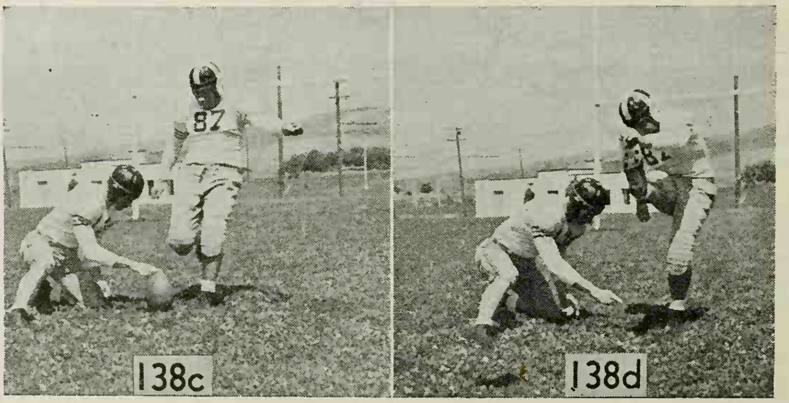


Fig. 6. *Marking the spot to try for point after touchdown.*

The kicker must carefully place himself so that the path of the kicking leg will be on a line through the point of the kick and over the center part of the cross bar. The kicker's feet should be comfortably spread, knees slightly bent, and body slightly inclined from the



(a) *Position* (b) *Placing ball on spot*



(c) *Plant* (d) *Kick and follow through*

Plate 138. The Place Kick

hips. Once he has lined his kicking foot up with the point selected and with the goal posts, he should concentrate on the ball until after the kick is made. As a general rule the place kicker uses either the One Step or the One and One-Half Step method in kicking. The left foot should be planted about four inches back and four inches to the left of the ball; the right leg is cocked back at the knee at about a 45° angle with the right ankle locked forming a right angle to the lower leg. The lower leg is uncocked as the toe meets the ball below its middle point, the leg swinging through on a straight line. Another method of kicking is as follows. Kicker stands with his right foot forward and approximately 15 to 20 inches back of the ball. As soon as the ball is placed in position by the holder, the kicker should shift his weight to the left foot executing a hitch kick. The distance back of the ball at which the kicker stands may vary with the length of the kick to be made.

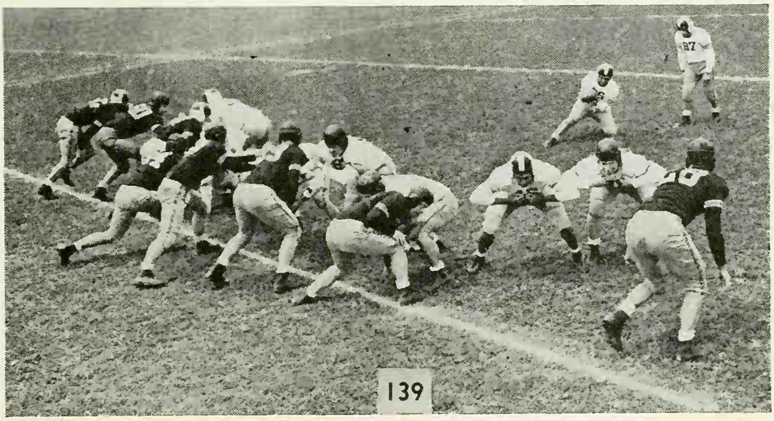


Plate 139. *Protecting the place kicker.*

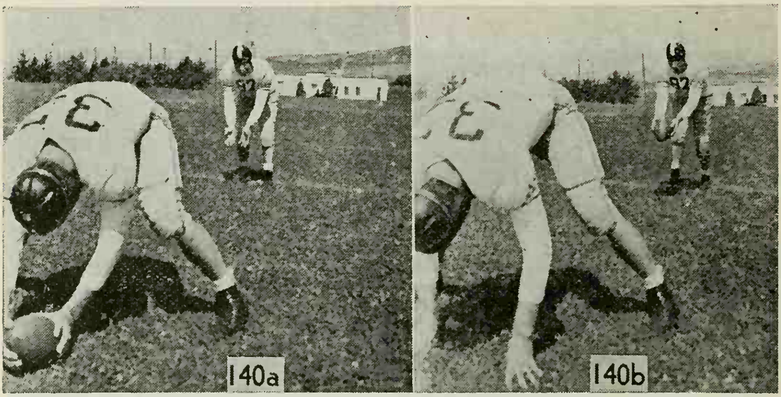
In protecting the place kicker the line from tackle to tackle forms a solid wall (see Chapter VII—Line Play) while each end at the snap of the ball takes a short step back with the outside foot. The backs on either side of the line take a position just outside of their own ends one yard back of the line of scrimmage; when the ball is snapped they step forward and around with their inside foot thus teaming up with the backward step of the ends. The ends and the two backs must be careful not to let an opponent break through the inside seam; they should force him to the outside of the kicking lane.

The Place Kicker Should

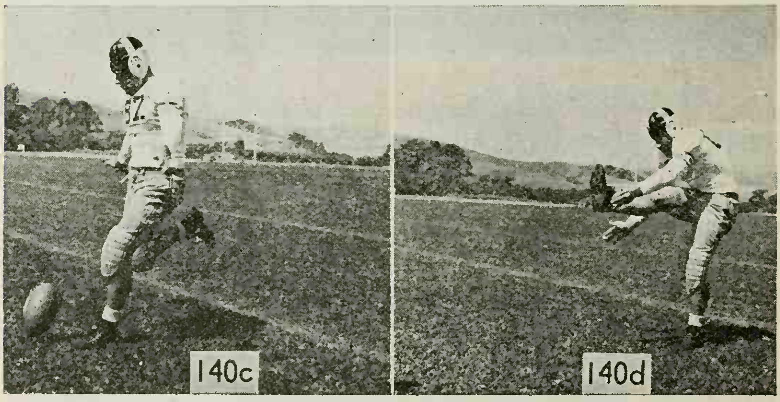
(1) Keep eyes on spot until kick is completed.
(2) Develop a rhythm in kicking.
(3) Kick directly through the ball.
(4) Keep toe pointing toward the target. Sweep through in straight line.
(5) Practice for accuracy not distance.

THE DROP KICK

A drop kick is made by dropping the ball to the ground and by kicking it as it rises. The kicker's stance and alignment with the goal posts is like that of the place kicker. He stands with the hands slightly forward and in front of the kicking leg. The ball is held in the finger tips (with one hand on each side of the ball). Both hands must be released quickly and simultaneously so that the drop of the ball will be true and straight. The drop should be as short as possible, the ball hitting the ground on its lower point or slightly on its belly depending upon the desire of the kicker. The kicking leg is flexed at the knee, ankle locked, and the lower leg is snapped out straight as the toe meets the ball. The kicking toe contacts the ball on the lower half of its belly just as it hits the ground.



(a) *Position* (b) *Ready to kick*



(c) *Drop and kick* (d) *Follow through*

PLATE 140. THE DROP KICK

Protection for the drop kicker is the same as for the place kicker with the exception that there is an additional back who may be used to block the first opponent who breaks through.

The Drop Kicker Should

(1) Keep eyes on ball until kick is completed.
(2) Time kick and drop ball straight and true.
(3) Hold ball as low as possible.
(4) Kick directly through the ball.
(5) Practice for accuracy not distance.

THE KICK-OFF

The kick-off is made at the beginning of the game, beginning of the second half, after touchdowns and after a field goal has been made. It is an important play and under normal conditions will usually result in an advantage to the kicking team. A team with a good kick-off man and fast men to cover the kick should be able to tackle the receiver inside of his own thirty yard line thereby putting the receiving team at a disadvantage by limiting its offensive attack.

The technique of the kick-off is the same as that of the place kick with the exception that the kicker usually runs a distance of from five to eight yards in order to get more power into the kick. The kick should be high in order to allow adequate time for the defense to cover it. The ball may be held by the safety man on his own forty yard line with the kicker taking a position five to eight yards directly behind the ball. The nine other players line up five yards behind the ball at equal intervals across the field; as the kicker moves forward to kick the ball, all nine men follow at a distance of about one yard. After the kick is made the kicker and other players go down fast under the kick, the ball holder following slowly and becoming the safety man.

Covering the Kick-Off

Two methods of covering the kick-off are:

(a) *Covering in Waves* in which the players go down in two groups thus giving depth to the defense. In the first wave, for example, five or six men of the kick

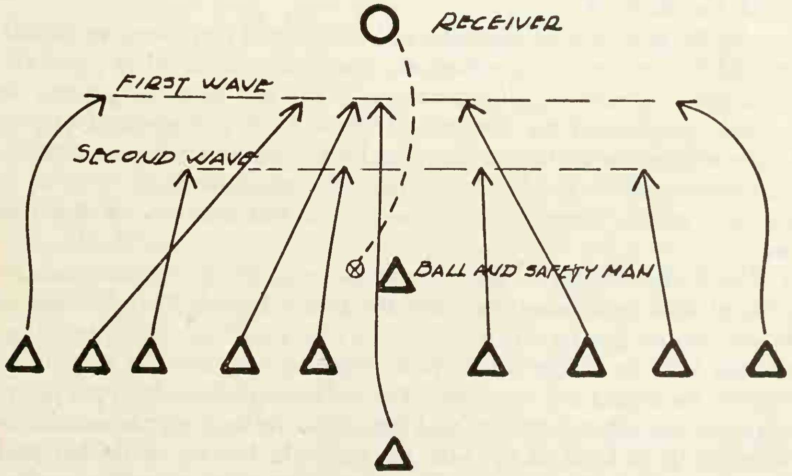


FIG. 7. *Covering the kick-off in waves.*

ing team should be a few yards in advance of their teammates. This wave should attempt to get to the kick receiver as quickly as possible but if the ball carrier breaks through, the second wave following closely behind should stop him.

(b) *Covering with an Even Line* is a method in which all players going down together and keeping in their own path until converging upon the ball carrier. In this method the players should be careful not to become bunched or grouped in their attempt to avoid blockers, as this would open large gaps for the ball carrier to dart through. The end men should protect the side line and not converge on the receiver until they have forced him to declare his run inside of their position. The other men evenly spaced across the field have equal responsibility for the territory between them and they must be careful not to open large gaps in the line by converging on the ball carrier too quickly. Covering the kick-off is largely a matter of determination on the part of each player to tackle the ball carrier.

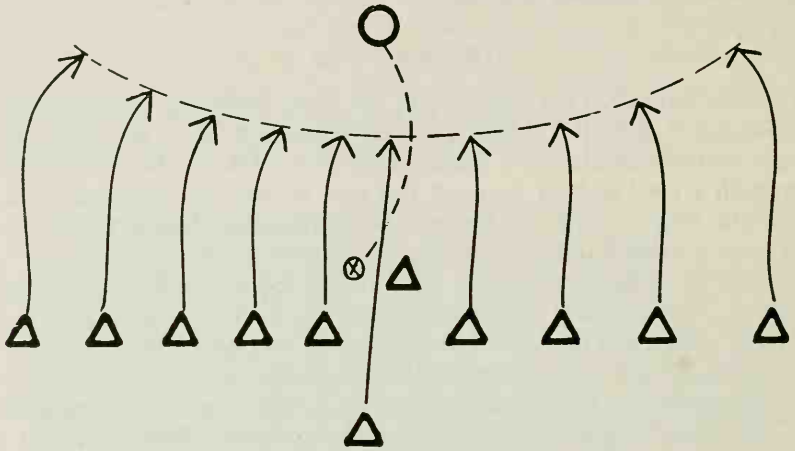


FIG. 8. *Covering the kick-off with one line.*

Returning the Kick-off

Returning the kick-off is an important and complicated play therefore considerable time should be devoted to practicing its execution. As in other plays all men should be given specific assignments to carry out and their assignments should be executed regardless of the direction of the kick. A well executed play should result in returning the ball to at least the forty yard line, this should allow the receiving team complete freedom in operating its offensive attack.

There are various methods of returning the kick-off, two of the common ones are:

(a) *The Wedge Method.*—The rules require that five men must remain within five yards of their restraining line until the ball is kicked. Therefore the center, guards, and tackles line up on their own forty-six yard line, the center directly in front of the ball, the tackles fifteen yards from the side line and the guards half way between the tackles and the center. The ends take their position ten yards from the side lines on the twenty-five yard line. The fullback stands on the twenty yard line directly in front of the ball; the halfbacks line up on the ten yard line twenty yards in from the side line. The quarterback takes a position on the goal line directly in front of the ball.

When the ball is kicked the center, guards, tackles and ends quickly drop back to the thirty yard line and form a wedge with the center as the point. The halfbacks and fullback move close to the area of the catch and form a three man wedge for the receiver. When the catch is made the backs run as fast as possible to the place in which the linemen are forming the principal wedge. The line wedge should move forward at full speed on a given signal with the fullback and ball carrier running into the middle of the wedge. The halfbacks should protect either end of the wedge and the ball carrier should stay with the wedge as long as possible then break through the first opening.

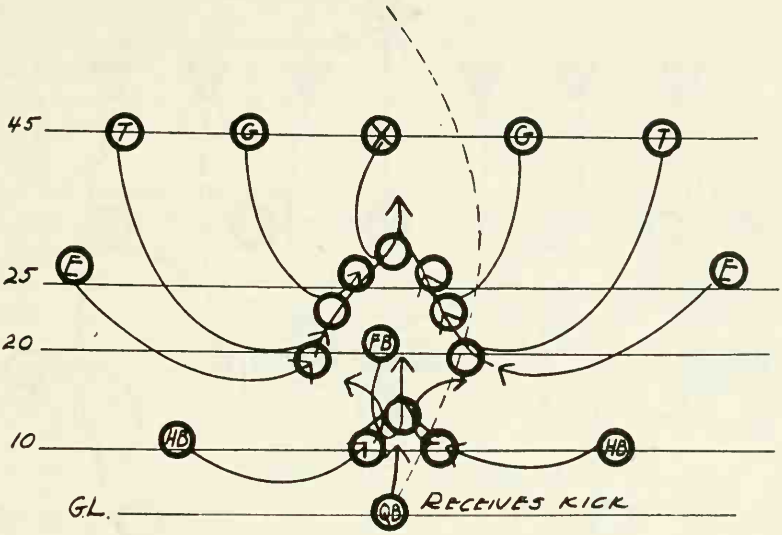


FIG. 9. *The wedge method for returning kick-off.*

(b) *The Cross Block Method.*—As the ball is kicked the center moves forward and blocks the kicker at once, the guard and tackle to the right of the center move across to the left and block out on the first two men on the right of the kicker, while the guard and tackle on the left of the center move across to the right and block out on the first two men on the left of the kicker. It is necessary to regulate the crossing depth of the guards and tackles so they will not collide with one another. Their blocks should be executed on about the thirty yard line. The two ends should maneuver to get inside position and block out on the third man on each side of the kicker on their respective sides. The fullback moves forward to block the kicker after he has been blocked by the center and the two halfbacks move forward between the cross blocks to act as interferers for the ball carrier who will run up the middle through the hole opened by the cross blocking.

COACHING POINTS

(1) Develop good kicking form habits.

(2) Be relaxed; the only tenseness should come at the moment of impact with the ball.

(3) Step in the direction of the kick.

(4) Do not force the kick—timing is the important element.

(5) Kick *low into* the wind and *high with* the wind.
(6) Check on protection and coverage.
(7) Be alert for kick blocking stunts.

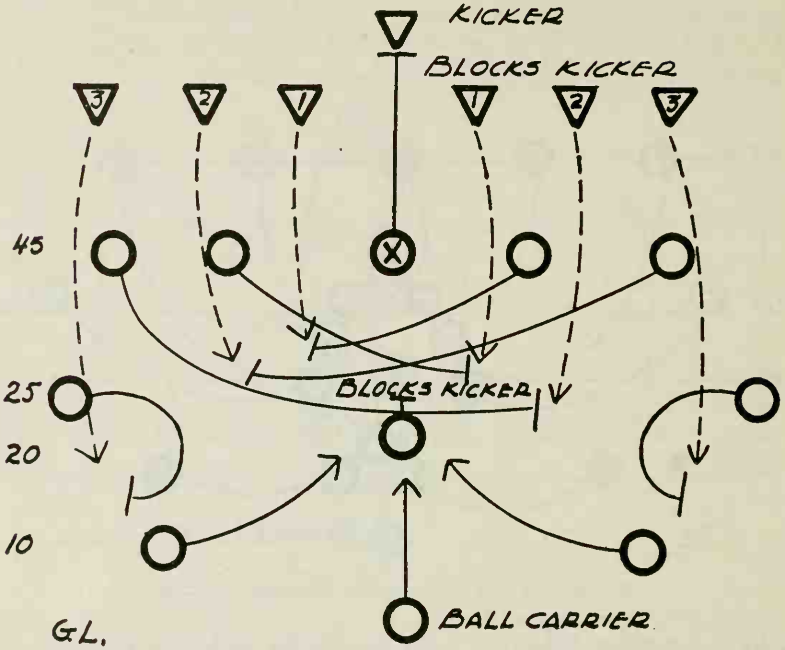


FIG. 10. *The cross block method for returning the kick-off.*

(8) Do not overwork the punter in practice.
(9) Practice for placement of punts.
(10) Get kick off in two seconds or less.
(11) Alternate between rushing stunts and returning plays.
(12) Practice as place kick trio every day.
(13) Cover a field goal kick.
(14) Go down fast under kick-off.

DRILLS

(a) Footwork drill—have the punters walk through steps and kick through without the ball.

(b) Short distance punting drill—have punters stand ten yards apart and kick to each other. Pay particular attention to the drop of the ball, leg swing and placement of the ball on the foot.

(c) Kicking out of bounds. Place one flag on sideline on 5 yard line and another on 10 yard line and kick between them from the 40 yard line.

(d) Kicking under pressure. Have defensive team rush the kicker.

(e) Punt scrimmage. Practice protection, rushing stunts and returning plays.

(f) Place kick drill.

(g) Kick-off drill. Practice covering the kick and warding off blockers (blocker's dummy). Bring players back into position two or three at a time to set up the returning play and then dummy the play as a team.

CHAPTER XI

The Passing Game

The forward pass is an offensive weapon used to advance the ball; to hold the secondary defense in a position deep enough to make the running game function better and to score. When the forward pass is used as the principal method of gaining ground, a great variety of pass patterns should be used, with enough running plays to keep the defensive team from getting mentally set for a pass play.

When the forward pass is used to supplement the running game, a few well chosen pass plays will take advantage of defensive weaknesses occurring as a result of the readjustments necessary to meet a strong running game. These same pass plays should cause the defense to "loosen up" mentally and physically giving the running attack an opportunity to function more efficiently. The surprise element in pass plays is much greater when the basic style of attack is a strong running game. When using pass plays to score touchdowns, it is essential that the offensive team place pressure upon the opponents with a powerful running game.

The Technique of Passing

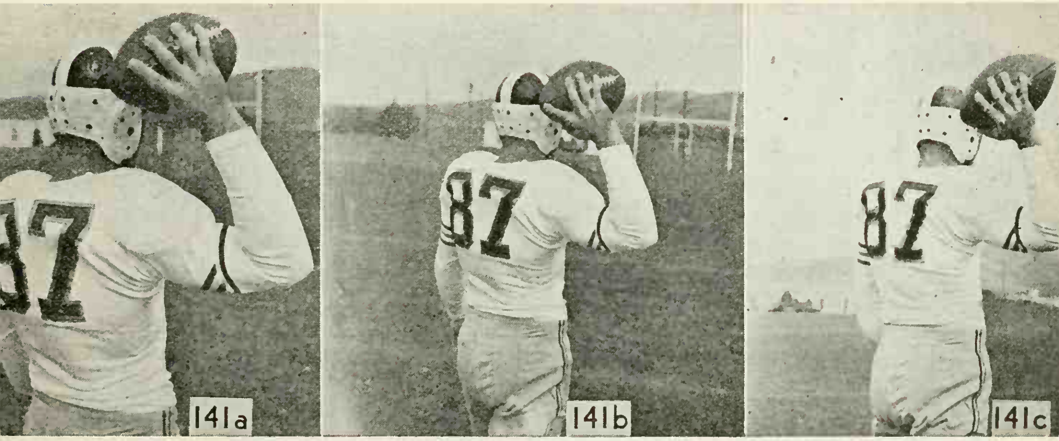
Methods of Holding Ball

Three methods of holding the ball are:

(a) *The Grip Pass* in which the passer grips the ball with his fingers and thumb well spread.

(b) *The Grip Pass with the Index Finger* placed on the end of the ball, hand wide spread.

(c) *The Palm Pass* in which the ball is laid in the palm of the hand. This method is infrequently used.

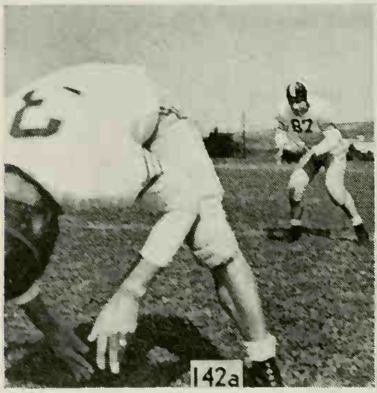


(a) *Grip pass* (b) *Grip pass with index finger* (c) *Palm pass*

Plate 141. Methods of Holding the Ball (The Passer)

In using the *grip pass,* which is most common, the passer grips the ball slightly behind the middle with his fingers across the lace, thumb on the lace, or he may disregard the lace altogether. It is important that the fingers and thumb be well spread and relaxed. The ball should fit well into the palm of the hand and be held firmly in that position with the aid of the left hand while fixing the ball on the chest. In the event the passer has trouble with the front point of the ball dropping in flight, the index finger should be extended toward the rear point of the ball. The index finger should cause a downward drag on the rear part of the ball and the front point should ride higher while in flight.

For a right hand player the passing movement should originate with the right foot firmly planted upon the ground and the left foot pointing the direction of the intended pass. The ball is raised toward the right shoulder with both hands and as the delivery starts, the right hand comes back with the ball to a position behind the right ear, the upper arm should then be parallel to the ground the left hand moving slightly forward. From this position if the passer desires to fake a pass, the ball's forward movement is stopped by the open left hand.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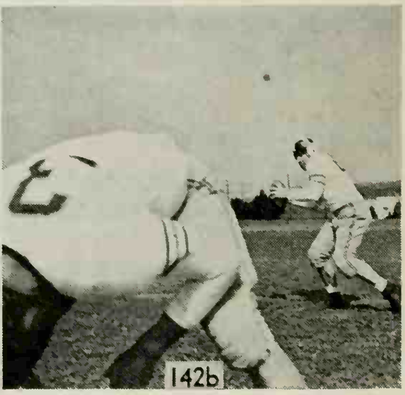
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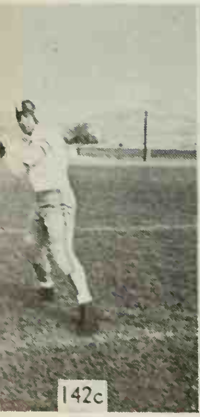
(a) *Receiving ball from center* (b) *Fixing the ball*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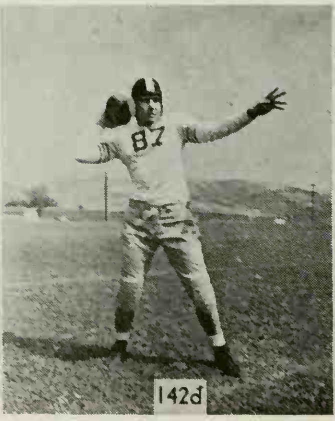
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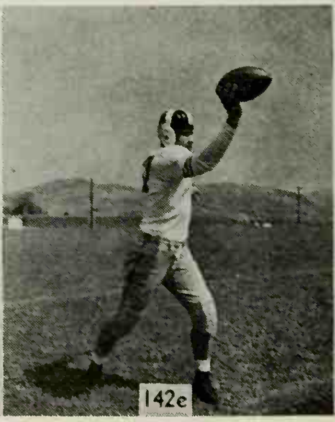
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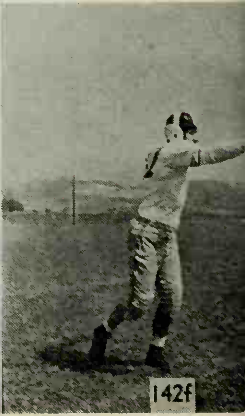
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(c) *Getting set* (d) *Ball in position to pass* (e) *The delivery* (f) *Follow through*

PLATE 142. THROWING THE FORWARD PASS

The full passing movement is made by delivering the ball directly over the right shoulder with the index and second finger following through and pointing the direction of flight, the hand finishing palm downward. The weight should be transferred from the right to the left foot in making the delivery with a half step follow through by the right foot. At the finish of the follow through the passer should drop both hands forward and shift his feet to ward off opposing rushers.

In the average passing offense the passer is usually required to throw from any one or all of three different maneuvers:

(a) *Pass After a Short Run* in which the player runs a few steps to the side, fades back and passes.

(b) *Stationary Pass* in which the player merely shifts his feet or fades back a step or two and passes.

(c) *Running Pass* in which the player passes while he is on the run.

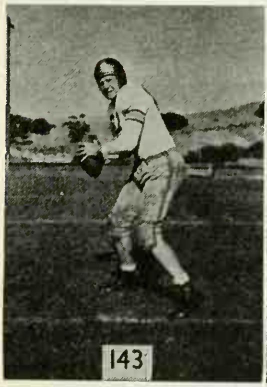

Plate 143. *Pass after short run.*

Plate 144. *Stationary pass.*

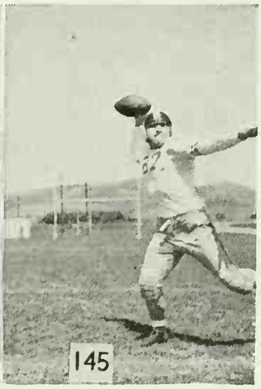

Plate 145. *Running pass.*

The Passer

The passer should be a man with excellent split vision so that he can visualize the entire receiving field thus enabling him to pick out possible receivers. At the same time he should possess highly developed inhibitory impulses. He will find it necessary to refrain from throwing the ball on many occasions when there is a possibility of an interception by a defensive player. However he must not hold the ball too long but rather should develop a sense of timing so that he is ready to throw just as the receiver makes his break for free territory. A common fault among passers is to hold the ball too long thereby allowing pass defenders and rushers to recover and spoil the play.

The passer should be able to remain calm under fire and have the ability to take punishment and still make accurate passes. He must be naturally quick with a good sense of balance since he will be called upon to make passes when rushed by the defensive linemen. He should be a good ball carrier in order that he may take advantage of openings presented when the defensive team makes mistakes either in rushing, or in failing to rush the passer. It is essential that the passer be clever in faking to one part of the field and throwing to another. The passer will find the job easier if he has enough height to enable him to locate his receivers and to deliver the ball from a high plane. Large hands, and particularly long fingers, are an asset in handling the ball especially when playing on a wet field. It is also an advantage for the passer to be able to punt since many good pass plays originate from punting situations.

Types of Passes

Passes fall under two general classifications:

(a) *The Spot or Mechanical Pass* in which the ball is thrown to a predetermined spot with the responsibility on the receiver to arrive at the place in time to catch the ball.

(b) *The Choice Pass* in which the passer has the option of throwing to any receiver whom he thinks is free. The spot pass and the choice pass may be thrown in various ways.

The Bullet Type Pass is preferred by most football coaches because it reaches the target sooner and reduces the hazard of being intercepted by a defensive player. Particularly is this true when the passer has the knack of delivering the ball with the front point up, thus making it easy for the receiver to handle the pass. Passes thrown to the flat zone and the "button hook" pass should be the bullet type.

The Lob or High Looping Pass is thrown with a greater trajectory to give the receiver a big lead. This type of pass is used for long touchdown throws and for spot passes with the idea in mind of giving the receiver time to run under the ball at full speed. As a rule this type of pass is easy to catch but it is also easy to intercept. The high looping pass should be used when throwing to a receiver who has the speed to get beyond the safety man.

The Shovel Pass. In making the shovel pass, the ball rests in the right hand and is delivered with an underhand movement, usually travelling from five to seven yards. It originates as a forward pass and develops into a running play after the shovel pass has been delivered.

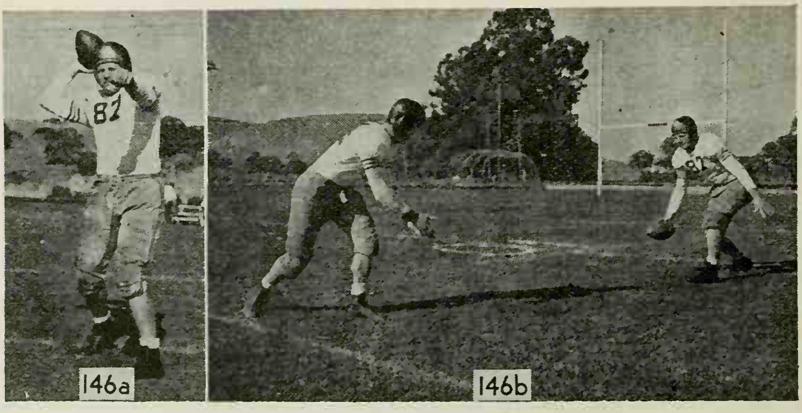
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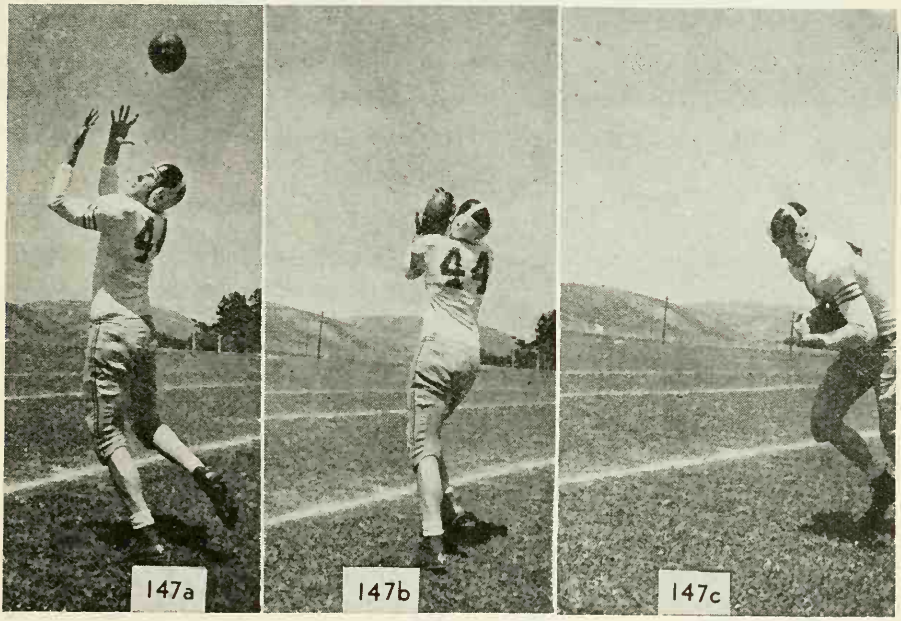
Plate 146. *The shovel pass.*

THE TECHNIQUE OF PASS RECEIVING

Pass receiving skill is to a large extent natural ability but good and poor receivers will find it possible to become more adept by practicing the correct technique. In catching a forward pass the receiver should keep his eyes on the forward point of the ball and catch it with his hands rather than trap it against the body with his arms. The arms and hands should be loose and relaxed prior to the actual reception of the pass. As the ball touches the hands a slight *giving* movement should occur thus doing away with *resisting* or *fighting the ball.* The ball should then be brought into the body and put in a carrying position in anticipation of a tackle.

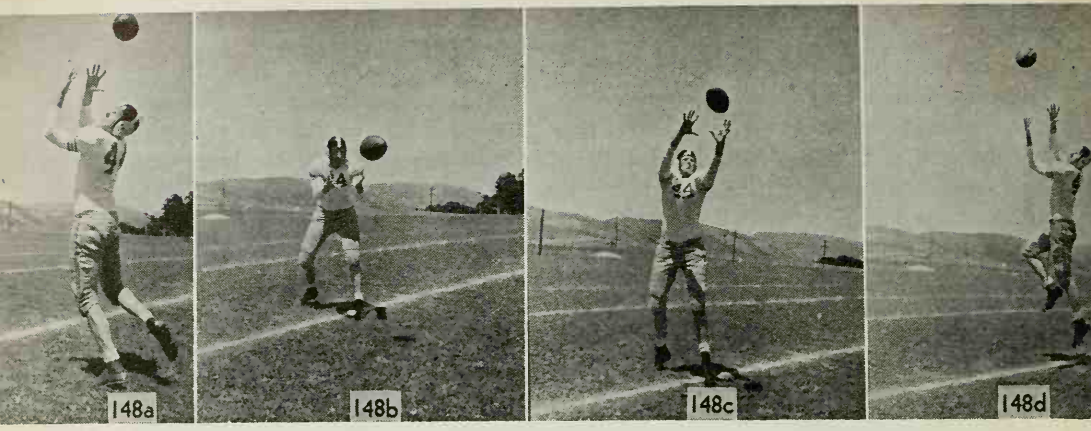


(a) *Hands and Arms Relaxed* (b) *Giving with ball* (c) *Put the ball away*

PLATE 147. RECEIVING A PASS

When the receiver is running away from the passer or receiving the ball at or below the waist, the ball should be caught with the hands in a thumbs-out position. When facing the passer and receiving the ball above the waist a thumbs-in position is preferred.

On long passes the receiver must run at top speed to get into position to make the catch. He should, however, be relaxed in the last two or three strides in order that the arrival of the ball will find him ready to catch it. The receiver should avoid a strained position of the head and neck since it will have a tendency to cause the muscles of the shoulder girdle to tighten up and hinder reception of the ball. He should not extend his arms until he is in a position to make the catch. The eyes should always be on the ball and if the pass receiver is looking over his left shoulder and the pass is arriving over his right shoulder, he should pivot so that he will never lose sight of the ball. The more skillful receivers have



a) *Running away from passer—thumbs out*

(b) *Low pass—thumbs out*

(c) *High pass—thumbs in*

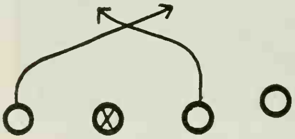
(d) *Time the jump*

Plate 148. Receiving a Pass

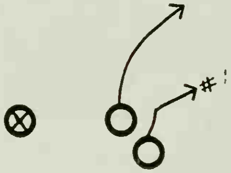
the ability to fade and change direction with the flight of the ball making the catch appear easy when the ball is thrown too far to either side or to the wrong side of him.

Technics Employed to Get Free to Receive

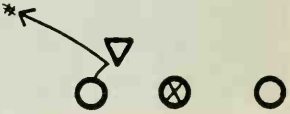
The passing attack, to be successful, depends upon the ability of receivers to get away from defenders in order to catch the pass. Some of the methods employed by receivers to get into the open are:



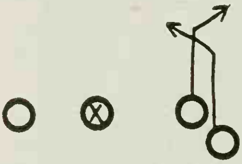
(1) *Criss-Cross Run.*—Receivers cross in opposite directions. This is a very effective maneuver against a man-for-man defense.



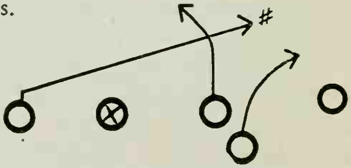
(2) *Diagonal Run.*—Decoys usually run diagonally out or in to draw the defenders out of position, but quick breaks are more effective for receivers.



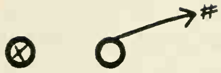
(3) *Delayed Run.*—An effective maneuver for the receiver is to block momentarily and then break into the open.



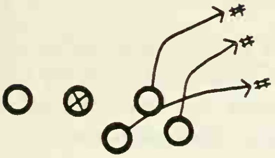
(4) *Double Team Run.*—Coordinating the maneuvers of two receivers against one defender, making him follow one receiver thereby freeing the other. (End and Wingback.)



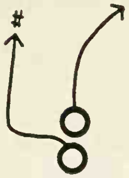
(5) *Decoy Running.*—Several receivers go down field to draw defenders out of position making it possible for the intended receiver to break into territory vacated by defensive men. Decoys must act the part of actual receivers if they are to fulfill their mission.



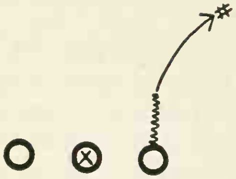
(6) *Fast Outside Run.*—The receiver breaks quickly to the outside to receive the ball before a defensive player can cover him.



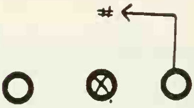
(9) *Flooding a Zone.*—In this method usually three receivers run into a zone, keeping from four to six yards apart. The passer has a choice of receivers within a specified area and it is difficult for the defender to cover three receivers in his territory. This maneuver is effective against a zone style of defense.



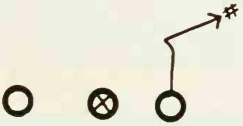
(7) *Out and Down Run.*—This maneuver is effective after the completion of a few flat zone passes have drawn the attention of the defensive halfback. The receiver runs quickly to the outside, faking to receive a flat pass, and as the defensive halfback comes up, the receiver cuts sharply down field, outrunning the halfback.



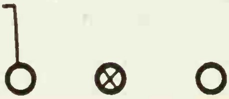
(8) *Outrun the Defense (change of pace).*—The receiver approaches the defender at a reduced speed and then outruns him by adding a burst of speed. This is an effective maneuver on long passes.



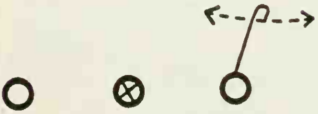
(10) *Quick Break.*—Running up to the receiver and then breaking sharply to the right or to the left.



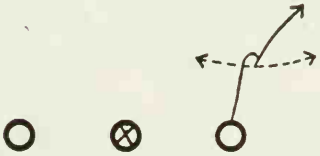
(11) *Feint and Break.*—The receiver runs up to the defender, feints his body and head in one direction, breaking in the opposite direction.



(12) *Pivot.*—The receiver plants one foot in front of the defensive man, pivots on that foot and finishes with his back to the defender.



(13) *Button Hook.*—The receiver runs close to the defensive man, makes a half pivot then takes one or two steps toward the passer.



(14) *Stop and Go.*—The receiver fakes a button hook, then immediately breaks downfield, or sharply to the right or to the left.

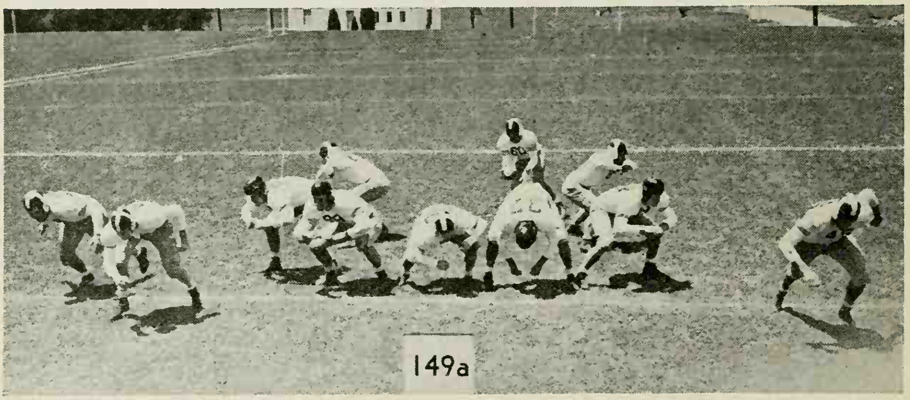
FIG. 11. *Various technics of getting free to receive.*

PROTECTING THE PASSER

(See Chapter VII, Line play.) On all pass plays the passer should be assigned a zone in which to operate in order that the blockers will definitely know the territory they must protect. It should be made clear to the passer that it is his duty to stay within the zone or to hurry to and remain in that zone if he is to receive adequate protection. The coach should strive to develop pride, on the part of the blockers, in their ability to protect the passer.

The pattern of protection for the passer should fit the individual ability of the players on the team. From within the balanced or unbalanced line any man on the line of scrimmage may be dropped back for pass protection. One or more backs cooperate with the linemen in protecting the passer and they usually protect against the defensive ends.

Against a six man line both guards may be pulled out to block the tackles with the center and tackles blocking on the guards and the fullback and blocking back warding off the ends. From this same situation the left guard may be pulled back to block the opposing right tackle. The left tackle, center and right guard should stay



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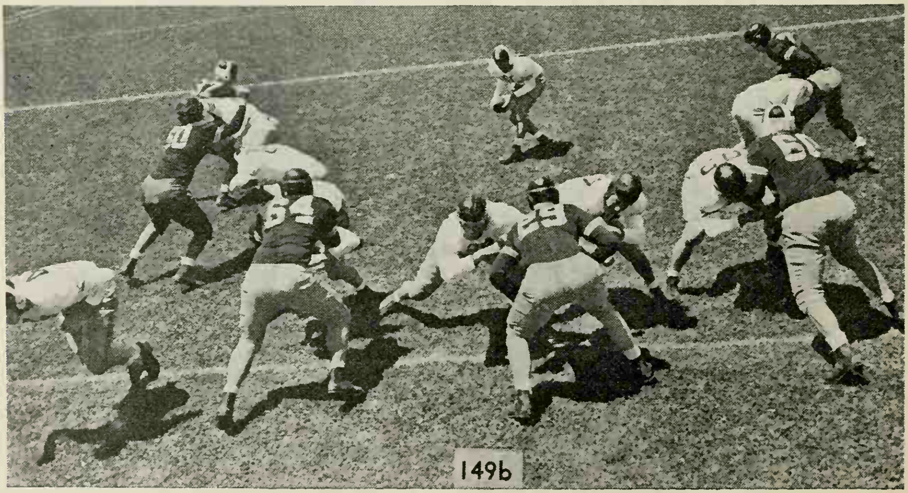


149b

PLATE 149. *The passer's zone.*

in to block the two guards and the right tackle should pull out to take the opposing left tackle. The fullback and blocking back again take the defensive ends. Still another method of blocking against a six man line is to have the guards remain in the line to block the guards and the tackles pivot back to take the defensive tackles. The center either pulls out to block the end on the weak side, or drops straight back

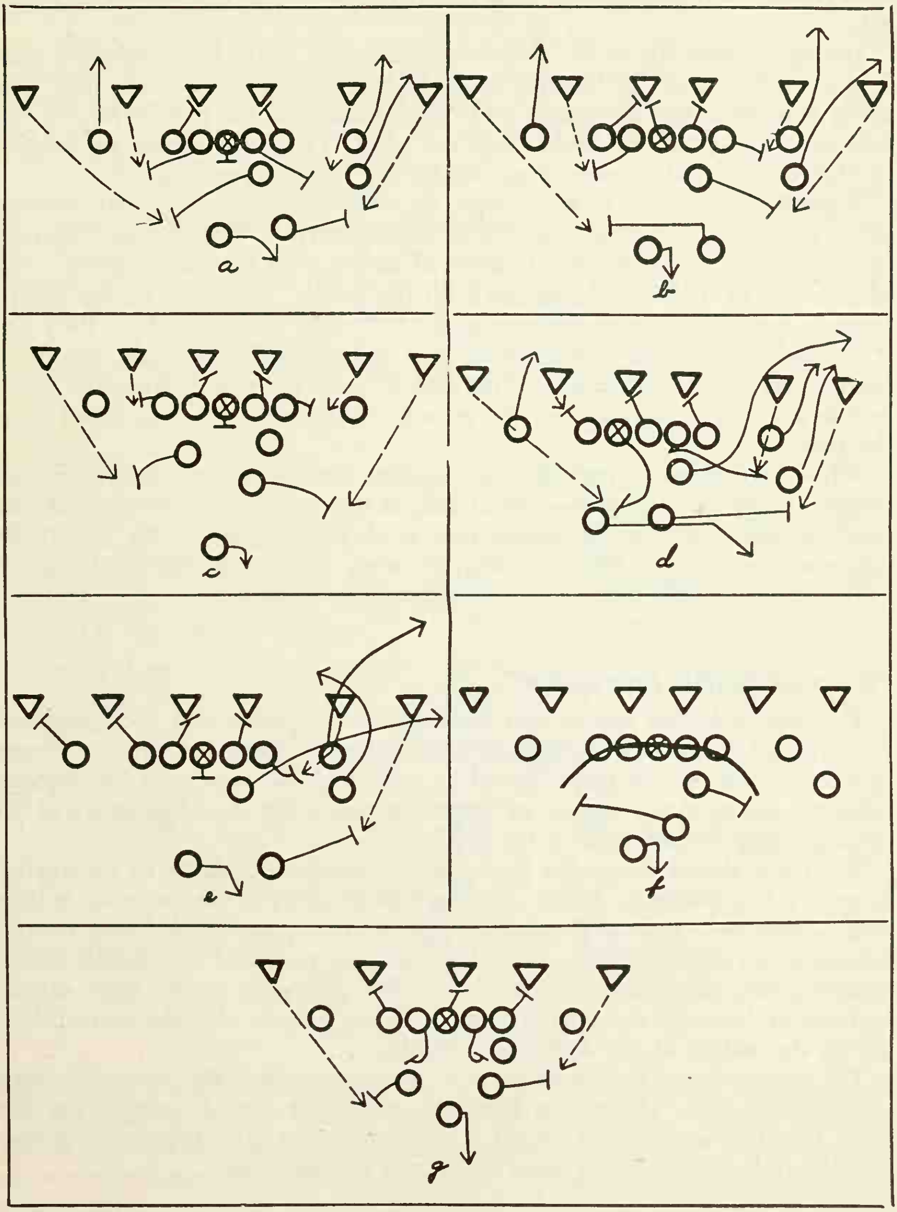


FIG. 12. *Various methods of protecting the passer.*

to pick up the first man through the middle. One or more backs are assigned to block the opposing men not taken by the offensive linemen. In some cases it is an advantage to use one end to serve as a blocker, on the opposing end, with the tackles blocking tackles, guards on guards and the center either dropping back or staying in the line. One back should assist in pass protection when the end is serving as a blocker which will allow the other two backs to go out as pass receivers on the strong side.

Instead of blocking in the assigned man-for man method, the offensive team may protect the passer by blocking in an assigned territory. The tackles drop back about two yards and the guards and center remain in the line to form a cup and block any opponent coming into that zone. Two backs should be assigned respective zones just outside of the tackles for further protection.

Against the five man defensive line, the offensive team has an extra man to either protect the passer, or to go out as another receiver. When using a balanced line on offense, one of the best methods of blocking for the passer against a five man line is to have the tackles block on the tackles, the center on the middle lineman, both guards dropping back to block the first man through on their side and a back blocking on each defensive end. If the middle lineman is difficult to handle, one guard may remain in the line to assist the center. Also, one guard may be assigned to block an end and permit an additional back to go down under the pass.

When the defensive linebackers are knifing through to rush the passer, one blocker should be assigned this special task. If the opponents are using a six man line, the center may be the logical man to drop back and do the job. If the opponents are using a five man line, the weak side guard may be designated as the blocker to drop back and handle the rushing linebacker.

Protection Against Interception

The best protection against pass interception is a passer with good judgment who will not throw to a receiver when the defensive player has an equal chance to intercept the pass. A passer should be judged by the number of interceptions made as well as by the number of passes completed. He should be aware of the defensive player while locating the possible receiver.

The coach should design his pass plays so that the possibility of interception is reduced to a minimum. Passes should not be thrown into the flat zones if there is an opponent in position to intercept. The safety is placed in the deep position because of his ability to carry the ball, to diagnose plays and to skillfully defend against passes, therefore it is unwise to design pass plays to be caught directly in front of him. To avoid interception it is best to pass into the zones behind and to the outside of the defensive halfbacks.

The passer should always move to a position between the intended receiver and his own goal. The players blocking on the left should cover to the left, those blocking on the right should cover to the right after the pass is thrown in order to be in position to tackle if the pass is intercepted.

PASSING STRATEGY

The chief forward passing zone is from the offensive team's own forty yard line to the opponent's goal line. Passes thrown when inside your own forty yard line usually should be long passes behind the defensive halfbacks. The quarterback should fully realize the danger of throwing a pass inside of his own twenty yard line, especially if his team is leading in the score.

The possibility of completing a pass diminishes with each succeeding down, therefore it is wise to pass on first and second down. When one team has fumbled and the other recovers, it is an ideal time to pass into the territory of the back who fumbled. It is also advisable to pass into the zone guarded by a back who is crippled but allowed to continue in the game.

It is poor strategy to make a practice of passing into the flat zone unless the passer is cautioned to lead the receiver so that the pass cannot be intercepted. However, short passes into the flat zone will often draw the defensive halfback into a habit of coming up fast so that the receiver going into the flat zone can turn quickly upfield and get behind the defensive halfback for a long pass.

It is a good plan to send three receivers deep against the 6-3-2 and 7-2-2 defenses; two receivers decoying the two deep defenders to the outside, freeing the other receiver deep in the middle. Against a strict zone defense, sending three men into the same zone should free at least one of them. Criss-crossing receivers is a good method against a strict man-for-man defense forcing the defensive players to move a great distance in order to cover the receivers. It is good strategy against the man-for-man defense to break the favorite receiver into an area most difficult for the defensive man to cover. For example, if the defensive halfback is covering an end, the end may either stop short two or three yards over the line of scrimmage, or he

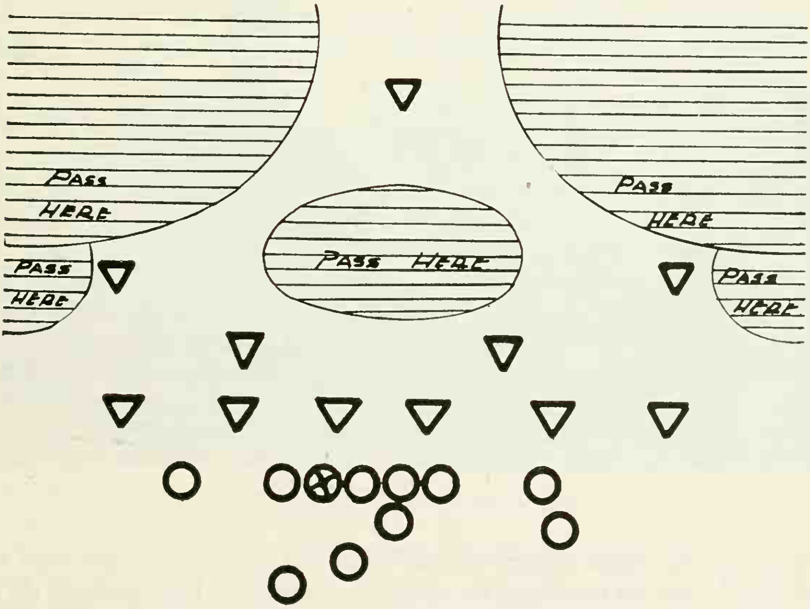


FIG. 13. *Where to pass.*

may cross over shallow. When the safety man is playing twenty-five yards or more from the line of scrimmage to avoid being surprised by a quick kick, a good place to complete a pass is in the middle zone about twelve yards deep. Especially is this true if both halfbacks are decoyed to the outside by other receivers. When the defensive linebackers are trying to block punts by shifting into the line, a pass into the middle zone may be safer than a punt, providing the pass is thrown on any but the fourth down.

THE LATERAL PASS

Methods of Delivering the Ball

Two methods of delivering the ball when making a lateral pass are:

(a) *The Basketball Pass,* held and delivered by both hands, with an arm and wrist action, the ball turning end over end. There should be very little arch on this type of pass and yet the ball must travel soft enough to be easily handled by the receiver.

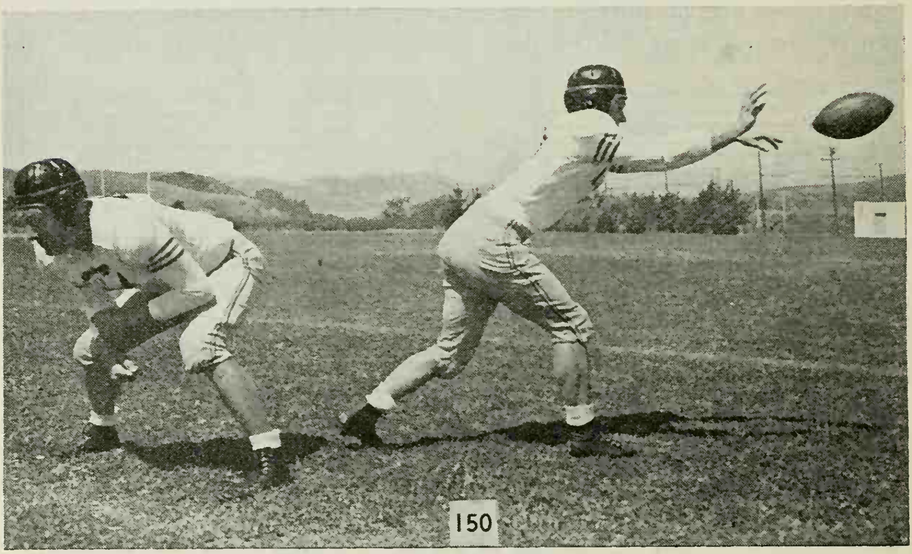


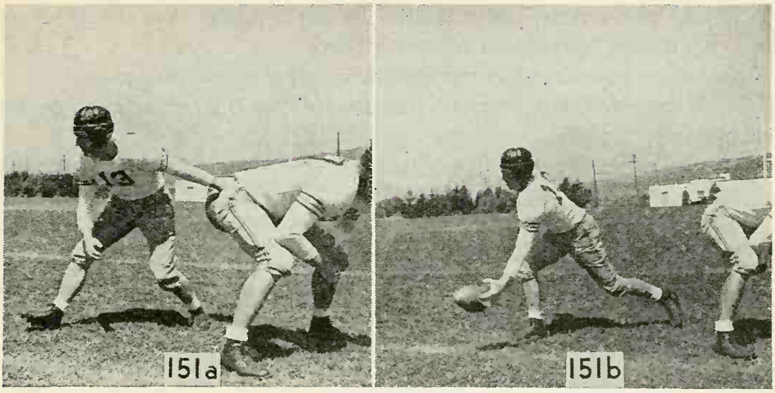
PLATE 150. *The basketball lateral pass.*

(b) *The One Hand Underarm Pass.*—The ball rests in the right hand and is held there by the left hand until the actual toss is made, the ball rolling off the finger tips with a slight natural spiral.

The various types of lateral passes are as follows:

(a) *The Lateral Pass Behind the Line* is particularly effective when preceded by a fake plunge into the line to draw the linebackers in. For example, the fullback hands the ball to the close back just before plunging into the line, the close back lateralling the ball to a deep back running wide.

(b) *The Lateral Pass Behind the Line While Running,* in which the ball carrier draws the defenders to himself and then tosses a short lateral to a teammate running in the same general direction.



(a) *Start* (b) *Finish*

Plate 151. The One Hand Underarm Lateral Pass

(c) *The Lateral Pass Beyond the Line of Scrimmage.*—Here the play is designed to have a teammate close by the ball carrier as he breaks past the line of scrimmage. As the runner is being tackled he tosses the ball to his teammate who is free to gain extra yardage. *The lateral pass after a forward pass* comes within this classification.

(d) *Lateral Pass After the Kick-Off* and *After Receiving a Punt* is extremely effective in freeing the ball carrier. Usually the initial receiver starts in one direction, drawing the opponents to himself, then a teammate will start in the opposite direction, the ball carrier pivoting and lateralling the ball to his teammate.

The lateral pass is very valuable and is one of the most successful methods of producing touchdowns provided the players follow certain general rules regarding its application. These rules include the following points:

(1) Do not pass over five yards.

(2) Do not lateral when you have a chance to break away yourself.

(3) Do not float for a lateral when you are in a position to block for the ball carrier.

(4) Do not lateral too soon, wait until you are tackled.

(5) Do not throw laterals indiscriminately. Be sure the receiver is open and no defender is in a position to intercept it.

Coaching Points

The Passer Should

(1) Practice seeing the defensive man as well as the receiver.

(2) Practice daily with his receivers to learn their speed and peculiarities.

(3) Help his receivers get free by faking with them on cuts and button hooks.

(4) Fix the ball in the hands for passing as soon as possible.

(5) Throw the ball on the receiver's side away from the defensive man.

(6) Early in the game, learn the defensive men who are weak on covering the pass receivers.

(7) Stay in the zone to be protected by his blockers. Let the blockers know that he is depending upon them for protection.

(8) Know the position of every possible receiver on all pass plays.

(9) If all receivers are covered, run toward the line of scrimmage and then pick his opening.

(10) If the defensive end drops back to cover on a pass, fake the pass and run his end.

(11) Never throw when off balance. The throw should be made with the right foot firmly planted on the ground.

(12) Compliment his teammates when they do a good job of blocking for the throw, but should not gripe when they fail to get their man.

(13) If right-handed and running to the left, plant left foot, drop right foot back and pass.

The Receiver Should

(1) On button hook passes use short, quick strides in making the stop and carry the hands shoulder level.

(2) Practice daily on faking maneuvers against the best possible opponent.

(3) When running at top speed to get into position to make the catch, loosen up just before the ball arrives.

(4) Catch the ball in the hands rather than with the arms and body.

(5) Practice getting by the line of scrimmage.

(6) If he cannot make the catch, be sure the defensive man does not intercept.

(7) After making the catch, secure the ball under the arm away from the opponent.

(8) When acting as a decoy, imagine that he is the intended receiver.

DRILLS

(a) A center, passer and receivers work against defensive men to get practice in maneuvering for position. A file of receivers on each of the center will alternate going down under the pass. When a receiver from the file on the right goes down for pass he will be opposed by a defensive left halfback. The receiver will signal behind his back the type of maneuver he plans to execute. The method of signalling is as follows. One finger—cut to the left; Two fingers—cut to the right; Three fingers—button hook; Four fingers—button hook and break either to the right or to the left; and Five Fingers—Fake button hook and go deep.

(b) Forward Pass Scrimmage using a center, two ends and the four backs on each team.

(c) Forward Pass Scrimmage using entire teams. Defensive team should not tackle the passer but the passer will be considered as tackled when touched with two hands. Time rushers and blockers with stop watch.

(d) Pass receiver practices evading a defensive tackle, on the line of scrimmage. Then the receiver practices evading the tackle, end and linebacker to get free for a pass.

CHAPTER XII

The Running Game

A strong running attack should be an integral part of every offense. Some teams base their offensive attack upon the forward pass, using the running game as a supplementary threat but these teams are greatly outnumbered by the ones who develop the running game as a basis of the offense. Concentration upon the development of a well conceived and effectively executed running attack usually results in: (a) Better blocking and tackling (most good ground gaining teams are good defensive teams); (b) A great deal of earnest effort on the part of the players; and (c) Less concern over weather conditions. Of course the ideal situation is to develop both the passing and running game to a high degree, but this is quite difficult because of limited practice time and quality of material with which to work.

THE ESSENTIALS OF THE RUNNING GAME

The running attack should possess the elements of speed, power and deception with enough plays embracing these qualities to cope with any style of defense.

The Two Classes of Running Plays

Direct Plays which involve getting to the line of scrimmage quickly thereby minimizing the possibility of loss of ground. Some of the plays in this classification are: (1) Straight Line Plunges, (2) Slants, (3) Sweeps, (4) Cut Plays.

Delayed Plays are those plays which develop more slowly behind the line of scrimmage allowing the blocking to form. Some of the plays in this classification are: (1) Spinners, (2) Reverses, (3) Fake Reverses, (4) Split Bucks, (5) Lateral Passes, (6) Special Plays. It should be remembered that all plays, including fakes, must be strong plays in themselves—deception alone is not enough.

The success of a running play depends upon: Blocking, Proper Timing and Running. *Blocking* is the essence of offense. (See Chapter V—Blocking.) To block effectively on various running plays a player must: (a) Know how to block and have a mastery of several blocks; (b) Have blocking position; and (c) Have determination to block.

Blocking

The two basic blocks in football are the *shoulder block* and the *cross body block*. Players who become proficient in the execution of these two blocks can efficiently execute various assignments alone or in cooperation with a teammate. Usually double teaming by two backs, or by a back and a lineman, is necessary on the defensive tackle when running a direct play inside of him. Double teaming requires the straight shoulder block with both men staying on their feet. In check blocking and cutting off opponents in the line and in close secondary the shoulder block or body block may be used. Many backs use the straight shoulder block when assigned to block an opponent out alone while others prefer a body block. Deep backs should use a body block when blocking a defensive end in.

The *cross body block is most* commonly used in open field blocking, however the *shoulder block* is preferred by many coaches because it keeps players on their feet and brings them closer to the opponent.

Blocking position must be carefully considered in designing a play. It is necessary for a blocker to place his body between the opponent and the path of the ball carrier, therefore players must be given assignments, for the most part, where this position can be obtained. Many play assignments will automatically give a player the proper position, such as an assignment of a guard to block a defensive tackle out on a play to the inside of the tackle; or an end blocking (side swiping) on a defensive guard, the play going to the outside of the guard. However, unless other measures are taken in the design of the play, the guard would find it extremely difficult to block the defensive tackle in for an outside play. For example on an in-and-out run, the start of the ball carrier toward the defensive tackle before breaking out would draw the tackle in, thus giving the guard an opportunity to block the tackle in with a body block. Ends should maneuver on the line of scrimmage to better their blocking position. (See Chapter VIII, End Play.) Backs should be given careful instruction on pivots, starts, fakes and steps in

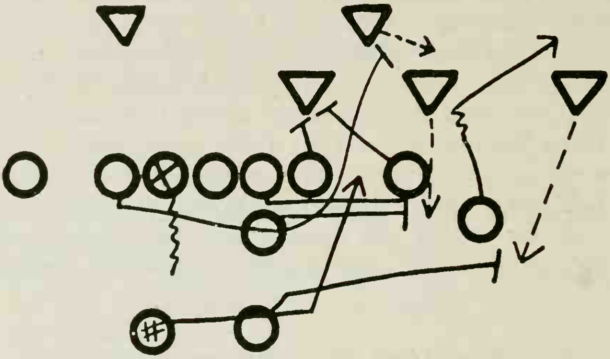


FIG. 14. *Blocking position (Linemen and Backs).*

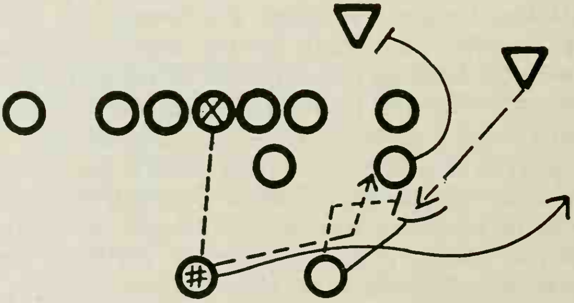


FIG. 15. *Blocking position (Backs).*

order that they may be able to maneuver for the best blocking position. For example a fullback blocking an end in should run directly at him, not circle to the outside to get outside position; however, if he were assigned to block the end out he should use footwork to get inside position to block him out.

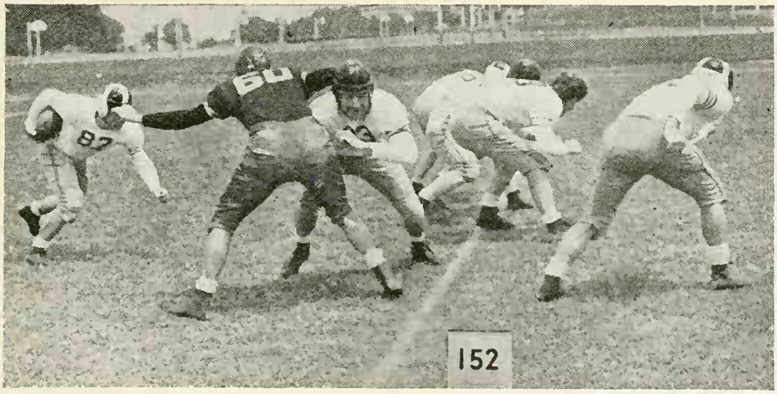


PLATE 152. *Guard blocking tackle out.*

The various types of plays named early in this chapter and the maneuvers necessary to their execution are employed to draw opponents to blocking position. For example on direct plays the ball carrier starts in one direction, drawing the opponents that way into favorable blocking positions then the ball carrier changes his direction, taking advantage of the blocks. On delayed plays opponents are drawn toward a decoy. Moving toward the decoy puts the opponents in favorable blocking position for the offensive team, then when the ball carrier starts toward the line of scrimmage he finds his way clear, if the fake is well carried out.

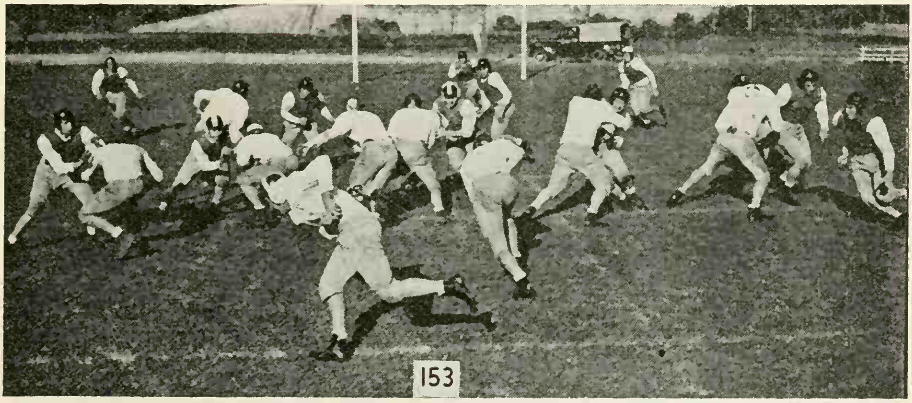


PLATE 153. *Drawing defenders into blocking position.*

Every player with the exception of the ball carrier must make a *determined effort to block* on every play unless assigned to a definite fake or to become a pass receiver. The ball carriers cannot gain ground, no matter how clever they may be, if the opponents are not blocked out of their path, whereas a good blocking and interfering team will gain ground consistently even though the ball carriers are mediocre.

Downfield Blocking.—(See Chapter VII, Line Play.) In order to make an appreciable gain on a running play the defensive backs, or back, at the point of attack must be blocked. Some coaches prefer to assign blockers to specific defensive players while others emphasize blocking only those defenders at the point of attack when the play develops, not bothering with those defenders who are close to the play at its inception. Stress should be placed on the importance of getting in front of the linebacker and linemen coming from the opposite side, intersecting the path of the runner as near the line of scrimmage as possible.

Downfield blockers should stay on their feet until the last possible moment and up until the time actual contact is made all movements should be directed to getting into blocking position. Locating the ball carrier and getting near him will bring about favorable blocking position because the ball is the magnet which draws the defensive players.

Timing and Precision

Timing and precision are two elements that are absolutely necessary for the proper execution of a play. Timing requires each player to move in such a manner that his movements coordinate with the movements of the other players thus resulting in the complete coordination and cooperation of eleven men.

Plays must be designed with the timing factor uppermost in mind. Individual ability and the proper maneuvers must be carefully considered for efficient operation of a play. Fast backs may be required to play deeper or further away from a certain point of attack in order to obtain proper play development. Such maneuvers as spinning with the ball, lateral passing and false starts, are necessary in the proper timing of many plays.

Linemen and backs should be taught the correct steps and routes for each play. The practice schedule must provide for an adequate amount of time for the timing and polishing of plays. Consistent practice in running a well conceived play

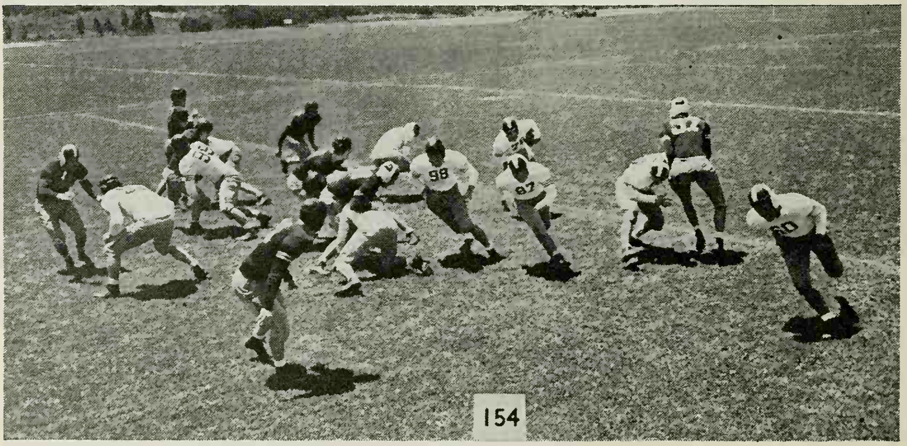


Plate 154. *Turn up the field.*

will develop a feeling of confidence among the players, each one knowing that the other will be at a certain place at the right time.

Running

Football is a game of running and the man who is slow of foot finds himself at a great disadvantage, if not a hindrance, to his team. Backfield players must learn to start fast and run with their bodies under control. They should not waste time dodging and dancing behind the line of scrimmage, but move forward in an effort to gain all possible yardage. Once past the line of scrimmage they should use their various stunts to elude tacklers. (See Chapter IX, Backfield play.) The ball carrier should learn to hit the point of attack and if the hole is not as large as he thinks it should be, or if it is closing, he should lower his shoulders and drive hard for extra yardage.

On sweep plays many backs have a tendency to try and get outside of the entire defense. On wide plays the interferers and the ball carrier should turn up field as soon as they are outside the defensive end, thus the ball carrier will have a great deal more territory in which to maneuver and elude the tacklers.

Coaching Points

(1) Running plays should be extensive enough to meet all defensive alignments.

(2) To achieve the greatest possible deception all plays should dovetail.

(3) Habits that telegraph the play to the defense should be corrected.

(4) Ball carriers must keep their feet under them, and they must keep their heads up.

(5) A quick start is essential.

(6) Every inch should be fought for. A player should always drive toward the goal when tackled.

(7) Blocking must be aggressive.

(8) Fakes, feints and false starts must look real.

(9) Ball carriers should learn to dodge while running at full speed.

(10) Every good running gain helps the passing attack; every successful pass helps the running attack.

(11) Backs should align themselves on every play so that they are in the exact position from which they can best carry out their assignment.

Drills

(a) Backfield set up drill for fast starting, ball handling and coordination.

(b) Various types of scrimmage. (See page 176.)

PART IV

The Base of Operations

The weapons with which to attack the enemy and to defend against attack by them must be established upon plans of operation.

CHAPTER XIII

Offensive Formations and Plays

The four basic formations from which practically all offensive football has grown are: *Single Wingback Formation, Double Wingback Formation, Punt Formation* and *"T" Formation.* These formations may be arranged in a variety of ways but usually the single wingback formation and the double wingback formation are arranged with unbalanced lines (two men on one side of the center, and four on the other) while the punt formation and "T" formation operate from balanced lines (three men on each side of the center). The Notre Dame formation (single wingback) operates from a balanced line.

OFFENSIVE FORMATIONS

It is advisable to number all offensive positions, thereby aiding in the development and simplicity of the signal system and play assignments. One method of numbering will be noted in the formation diagrams.

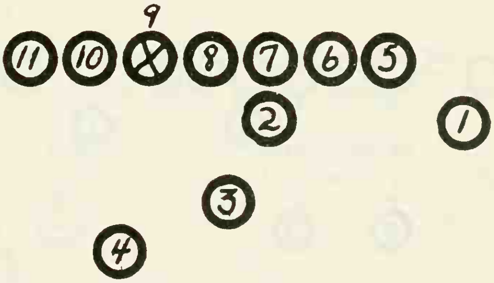


FIG. 16. *Method of numbering offensive positions.*

The Single Wingback Formation

The single wingback formation, which is used with either a balanced or an unbalanced line develops a great deal of power to the strong side. The ends may play loose or tight. The wingback (No. 1) may be placed inside or outside or behind the offensive end and from one to four yards back of the line of scrimmage. The tailback (No. 4) may vary his distance behind the center from four to five

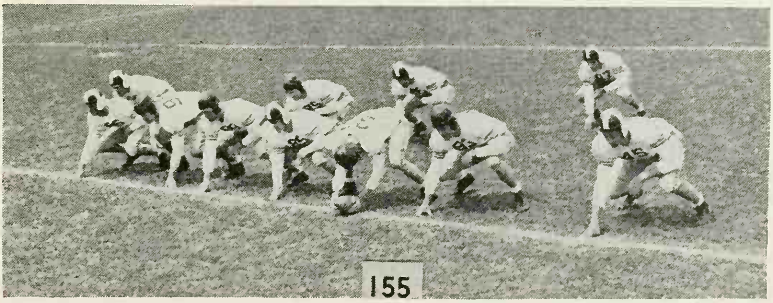


PLATE 155. *The single wingback formation—unbalanced line.*

yards and the fullback (No. 3) may play from three to four yards deep behind the middle of the line. The blocking back (No. 2) usually plays behind either the second or third lineman on the strong side and one to two yards deep. From this formation there can be a heavy concentration of men at the point of attack, and with a flanking wingback a strong off tackle play can be developed. It is strong to sweep the ends and if the fullback plays on a line with the tailback the spinner attack is effective and good reverse plays may be developed. The weaknesses of the single wingback formation are: Difficulty in developing a weak side attack; Lack of deception; Lack of wide open play, and Lack of proper alignment for the best passing and kicking protection.

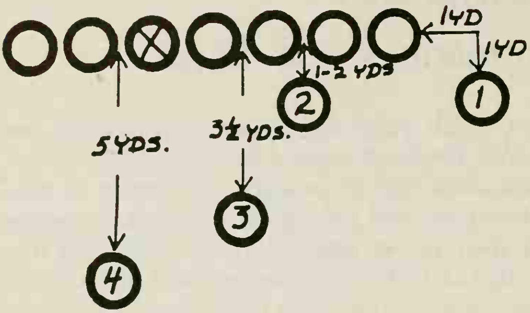


Fig. 17. *Single wingback (Unbalanced line).*

Because of the strength of one side of the formation the defense began to overshift to meet that strength thus making it more difficult to successfully run to the strong side.

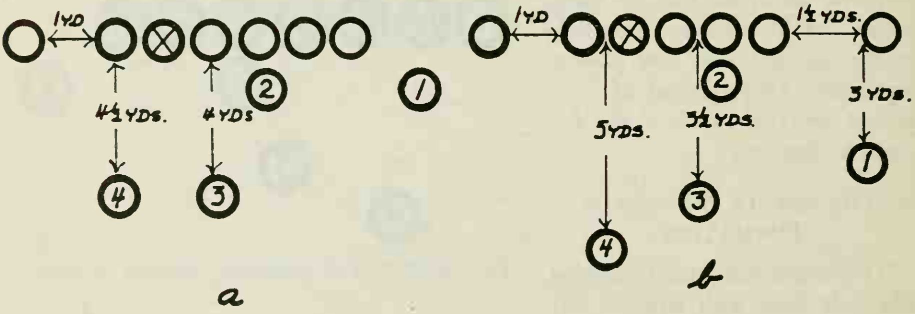


Fig. 18. *Variations of single wingback unbalanced line.*

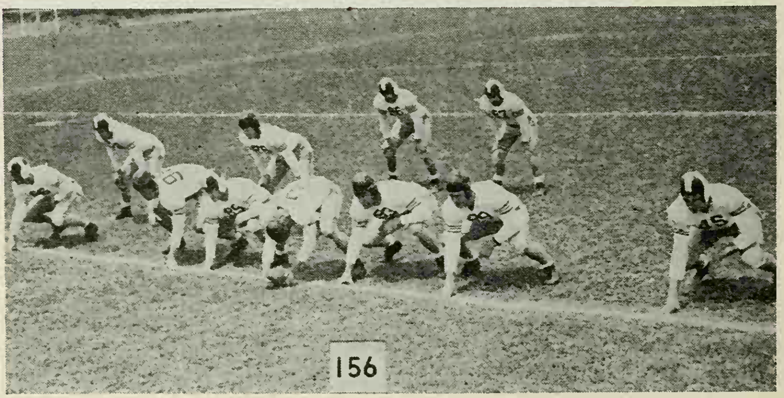


Plate 156. *The single wingback formation—balanced line.*

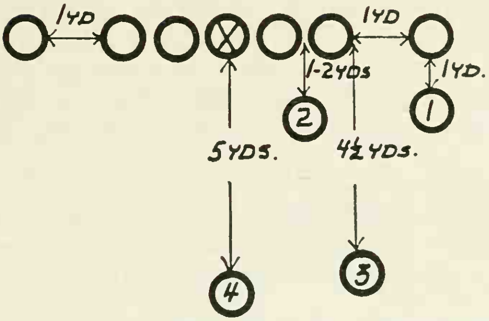


FIG. 19. *Single wingback (Balanced line).*

THE DOUBLE WINGBACK FORMATION

The double wingback formation is usually based on an unbalanced line with wingbacks (No. 1 and No. 4) flanking each offensive end one yard back of the scrimmage line. The fullback (No. 2) plays behind the strong side guard from two to three yards deep and the tailback (No. 3) plays from five to six yards behind the center. This formation lends itself to the development of spinners, reverses,

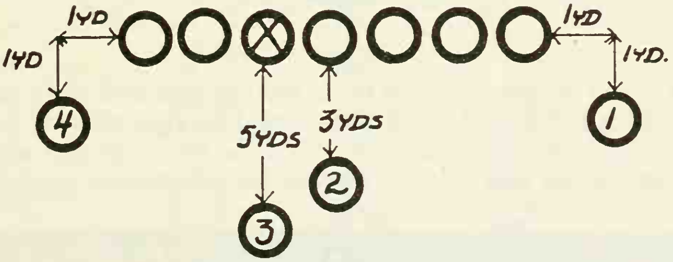


FIG. 20. *Double wingback formation (Unbalanced line).*

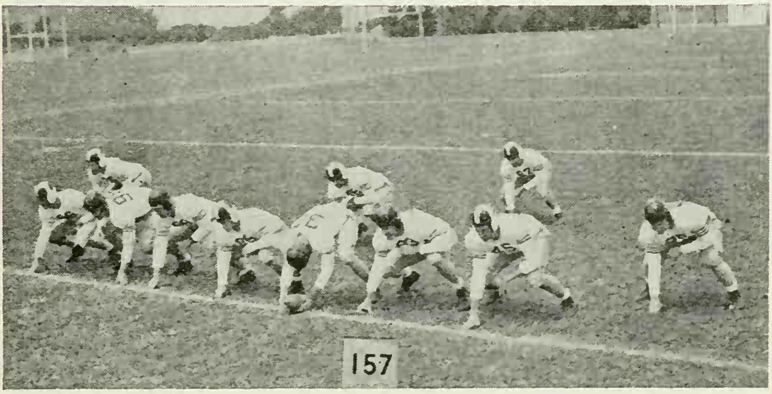


PLATE 157. *The double wingback formation—unbalanced line.*

and a multiplicity of pass patterns. It is strong for running inside and outside of tackle, and has a certain amount of deception. It is good for passing if the ends and wingbacks can avoid being held in the line of scrimmage. The weaknesses of the formation are: Plays lack power up the middle; Plays are slow getting up to the line of scrimmage; and Plays require intricate maneuvering and precise timing.

THE PUNT FORMATION

The punt formation can be either the regular punt formation with the tailback ten to twelve yards behind the center or the short punt formation with the tailback (No. 3) from five to seven yards behind the center. The front back (No. 1) on the right plays behind the offensive right tackle and one yard back, while the fullback (No. 2) or second back on the right plays behind the right offensive guard, three and a half yards deep. The back (No. 4) on the left, piays two and one half yards deep and in line with the seam between the left offensive guard and tackle.

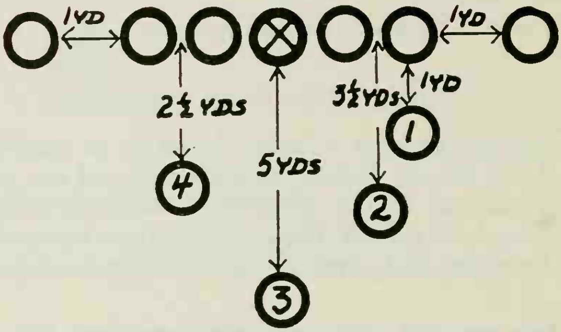


FIG. 21. *Short punt formation.*

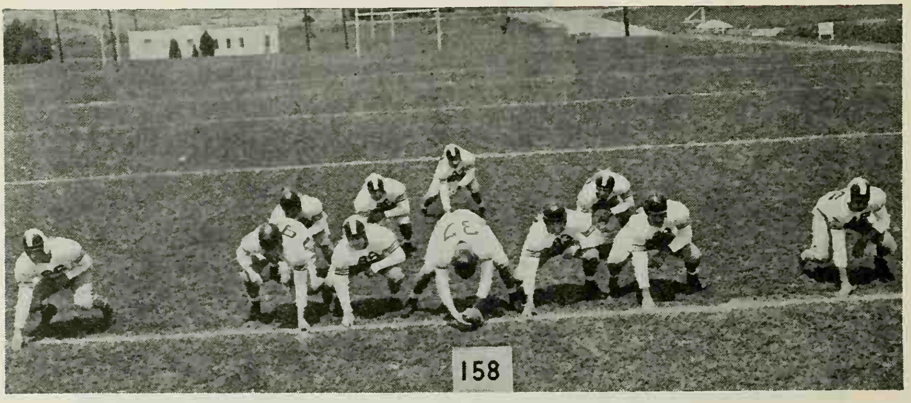


PLATE 158. *The short punt formation.*

This formation has balance and from it a versatile attack can be developed. It affords deceptive ball handling, is effective for lateral passes, is ideal for passing and its alignment gives good protection to the passer and kicker. Its weak point is: There are no backs flanking the defensive tackle.

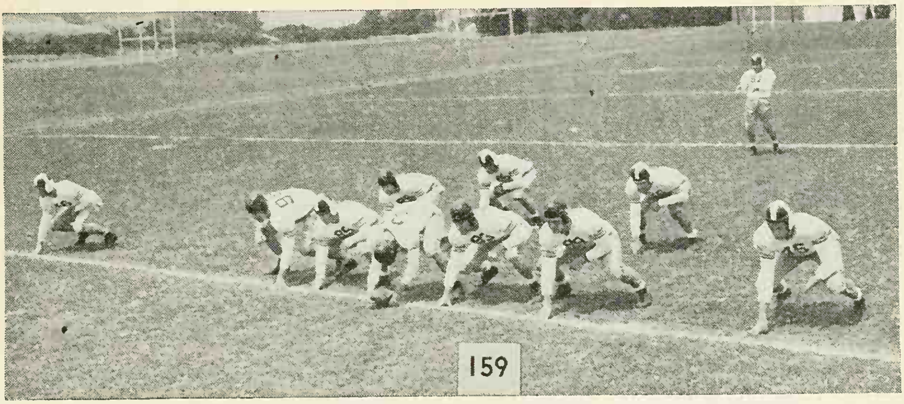


PLATE 159. *The long punt formation.*

THE "T" FORMATION

The "T" formation is usually based on a balanced line, with ends split away from their tackles from one to two yards. The quarterback (No. 2) playing close be-

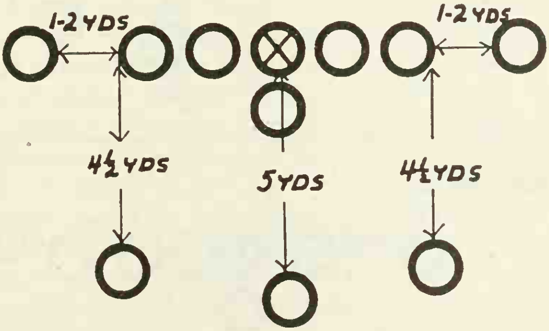

1-2 YDS
1-2 YDS
4½ YDS
5 YDS
4½ YDS

FIG. 22. *"T" formation.*

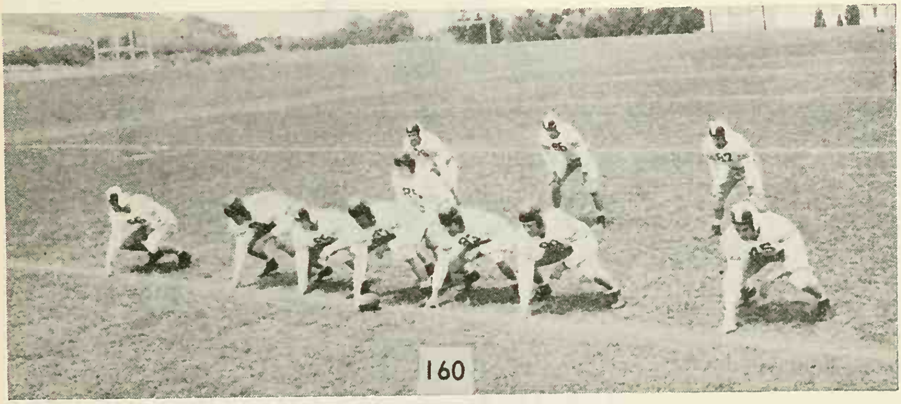


PLATE 160. *The "T" formation.*

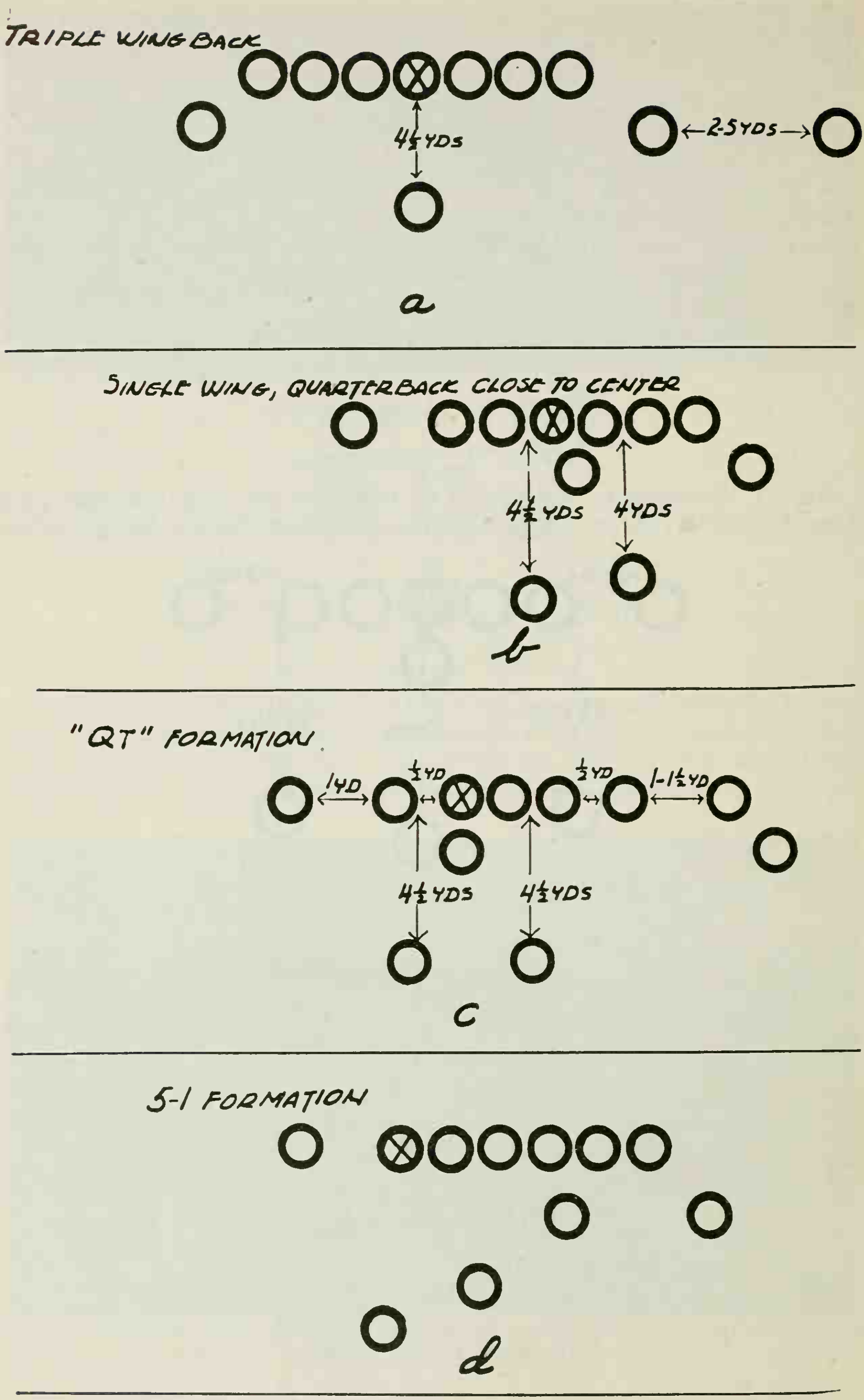

TRIPLE WING BACK
4½ YDS
2-5 YDS
a
SINGLE WING, QUARTERBACK CLOSE TO CENTER
4½ YDS
4 YDS
b
"QT" FORMATION
1 YD
½ YD
½ YD
1-1½ YD
4½ YDS
4½ YDS
c
5-1 FORMATION
d

FIG. 23. *Various other formations.*

hind center and facing the line of scrimmage, the halfbacks (No. 1 and No. 4) four and one half yards deep and slightly to the outside of the offensive tackles, and the fullback (No. 3) five yards behind the center. This formation is perfectly balanced making it impossible to anticipate the point of attack; the line has an added blocker (center, because of blind pass) and the man in motion adds the possibility of a great variety of plays. From this formation, the fastest hitting plays in football are developed. The "T" formation is an exceptionally good passing formation and running plays and pass plays can be closely coordinated resulting in excellent deception. To operate this formation it is necessary to have team speed, and an outstanding quarterback who can maneuver the team efficiently. Its weakness is: The difficulty in developing a real mass power attack.

Other Formations

Various other formations which have been occasionally used or are in use are: Triple Wingback Formation; Single Wingback Formation with Quarterback Close to Center; The Five-One Formation; and the "QT" Formation.

CHOOSING A FORMATION

The formation should fit the available material, and the plays should fit the formation as well as the material. Some football squads run to big, strong, rugged men, while others may be composed of smaller men with less physical strength. The coach should choose the formation to fit the material which he has, thus establishing a type of offense with which the player will become thoroughly familiar and which will continue to improve and develop over a period of years. Players must become accustomed to a formation and its operation and if the formation is changed often it is difficult to operate plays with the precision necessary for success. The formation should be adequate to perform the entire complement of plays selected, it should utilize to the utmost the ability of a majority of the players and it should be adaptable to slight changes to fit the players who use it. It is advisable for the coach to use the formation with which he is familiar.

Most teams use two formations, or variations of one formation, to give variety to the offensive attack and to provide a means to take better advantage of an opponent's weakness.

Material Necessary to Effectively Operate the Four Basic Formations

Single Wingback Formation

Backfield Requirements

(a) No. 4 should be a good runner, kicker and passer.
(b) No. 1 should be fast and a good blocker.
(c) No. 3 should be a good line plunger and a capable ball handler.
(d) No. 2 should excel in blocking.

Line Requirements

(a) No. 5 and No. 11 should be good blockers.
(b) No. 8 should be fast, active and a good blocker.
(c) Either No. 6 or No. 7 should be fast enough to pull out and run interference.

Double Wingback Formation

Backfield Requirements

(a) No. 3 should be a good passer, kicker and runner.
(b) No. 1 and No. 4 should be fast, clever ball carriers, good blockers and good pass receivers.
(c) No. 2 should be a good ball handler and line plunger.

Line Requirements

(a) No. 5 and No. 11 should be good receivers and blockers.
(b) No. 8 should be a good blocker.

Punt Formation

Backfield Requirements

(a) No. 3 should be a good passer, runner and kicker.
(b) No. 1 should be a good blocker and pass receiver.
(c) No. 2 should be a line plunger, ball handler and receiver.
(d) No. 4 should be a good pass receiver and a good ball handler.

Line Requirements

(a) No. 5 and No. 11 should be good pass receivers.
(b) No. 6 and No. 10 should be good blockers in the line.

"T" Formation

Backfield Requirements

(a) No. 2 should be a good passer and an excellent ball handler.
(b) No. 3 should be good line plunger.
(c) No. 1 and No. 4 should be fast, clever ball carriers, and good pass receivers.

Line Requirements

(a) No. 5 and No. 11 should be good pass receivers.
(b) Other linemen should be fast chargers.

BUILDING THE OFFENSE

The coach should adapt his tactics to the quality and ability of the player personnel. For example, a power attack would be ineffective with light, fast backs; or a deception attack would be useless with slow, heavy players. To achieve the greatest possible deception, all plays should dovetail and the play repertory should be extensive enough to meet any possible defensive alignment. It should be remembered that there is no single formula for successful offensive play. To concentrate on one department of the game in order to acquire additional strength usually means sacrificing strength in another department, therefore the offensive aim should be to build the offense to that it can strike with speed, power and deception at any point of the opponent's defense.

OFFENSIVE PLAYS

————→	Route of Players other than Ball Carrier
- - - - - - - -	Pass from Center to Backs
—⊣ —⊣ —⊣ —⊣ —	Flight of Ball on Forward Pass
〰〰〰→	Man in Motion
• • • • • • • •	Lateral Pass
●————→	Route of Ball Carrier

PLAYS FROM SINGLE WINGBACK FORMATION (UNBALANCED LINE)

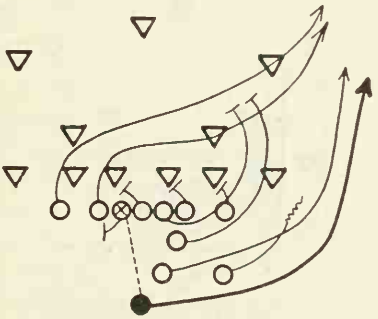


FIG. 24. *End run.*

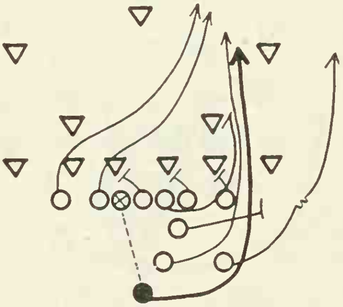


FIG. 25. *Off tackle.*

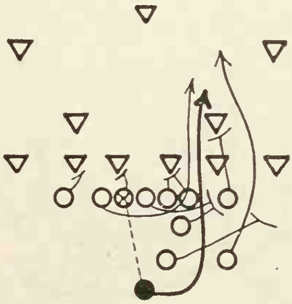


FIG. 26. *Inside tackle.*

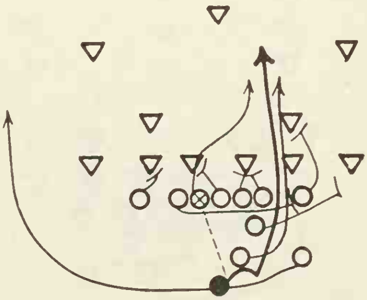


FIG. 27. *Inside tackle-trap.*

OFFENSIVE PLAYS

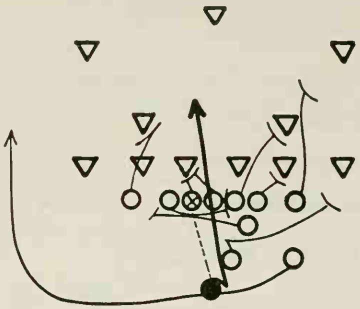


FIG. 28. *Strong side guard-trap.*

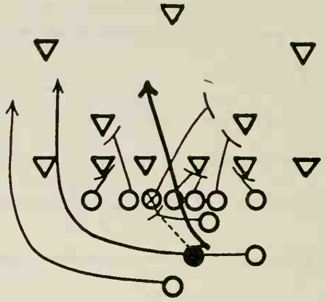


FIG. 29. *Short side guard-trap.*

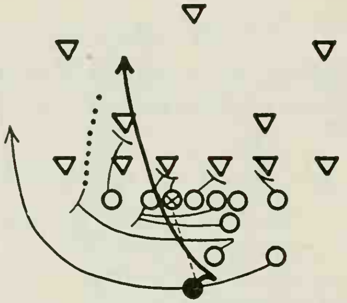


FIG. 30. *Inside shortside tackle-trap.*

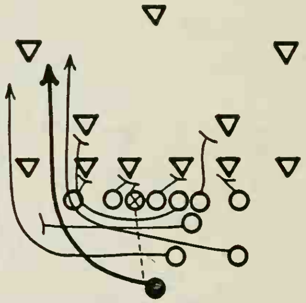


FIG. 31. *Off shortside tackle.*

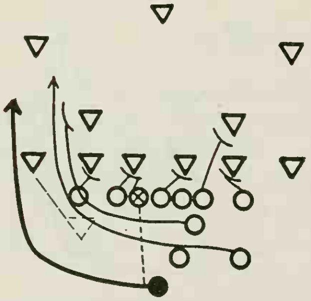


FIG. 32. *Short side end run.*

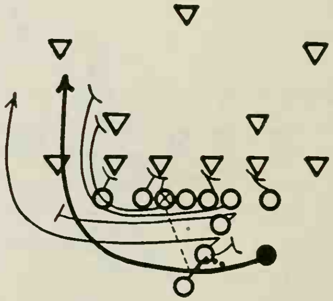


FIG. 33. *Half-to-half reverse.*

OFFENSIVE PLAYS

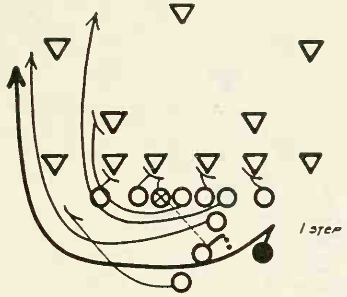


FIG. 34. *Deep reverse.*

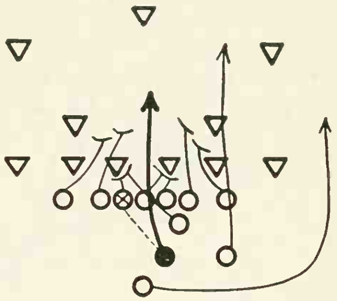


FIG. 35. *Line buck.*

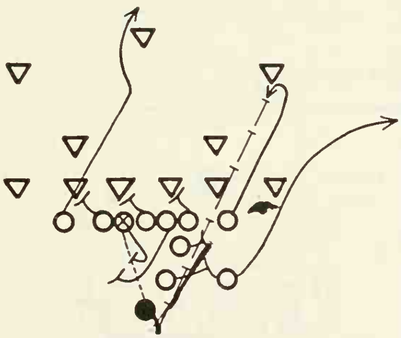


FIG. 36. *Button hook pass.*

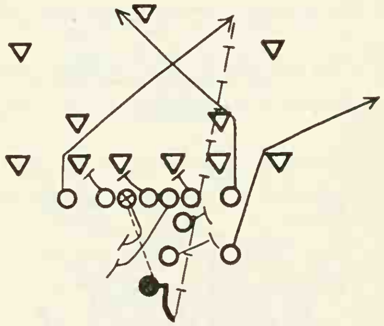


FIG. 37. *Choice pass.*

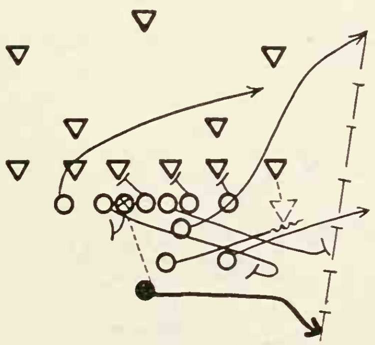


FIG. 38. *Running pass (Center hesitates long enough for tackle to clear).*

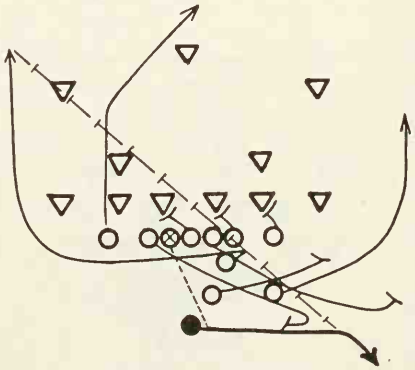


FIG. 39. *Running pass.*

OFFENSIVE PLAYS

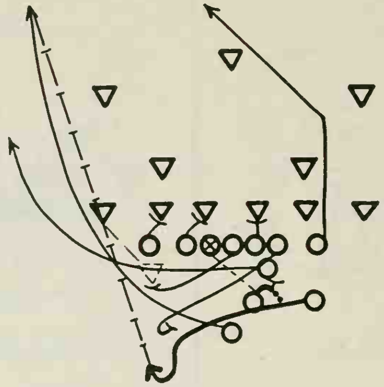


FIG. 40. *Reverse running pass.*

PLAYS FROM SINGLE WINGBACK FORMATION (BALANCED LINE)

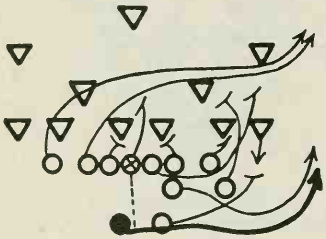


FIG. 41. *End run.*

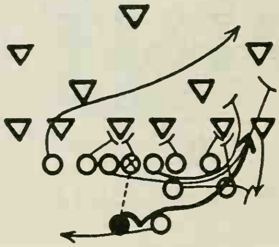


FIG. 42. *Off tackle.*

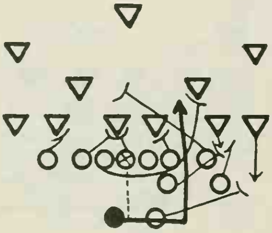


FIG. 43. *Inside tackle.*

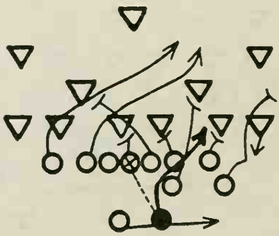


FIG. 44. *Fullback buck.*

OFFENSIVE PLAYS

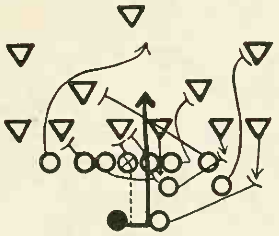


FIG. 45. *Cutback between guards (Trap on Guard).*

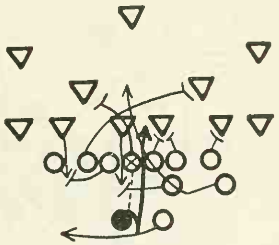


FIG. 46. *Half spin (Trap).*

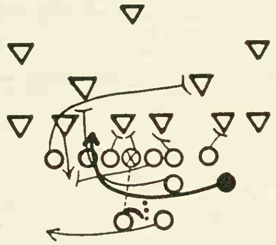


FIG. 47. *Halfback reverse inside tackle.*

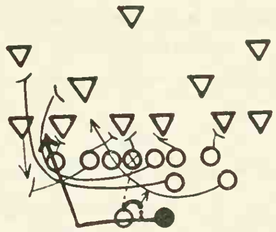


FIG. 48. *Fullback reverse off tackle.*

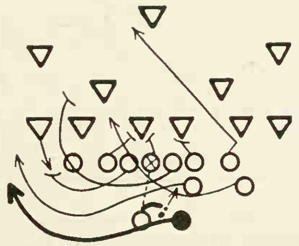


FIG. 49. *Fullback wide reverse.*

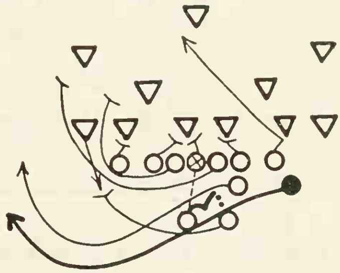


FIG. 50. *Halfback wide reverse.*

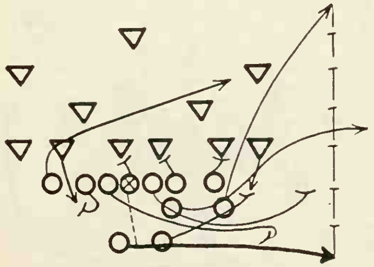


FIG. 51. *Running pass or run (Choice).*

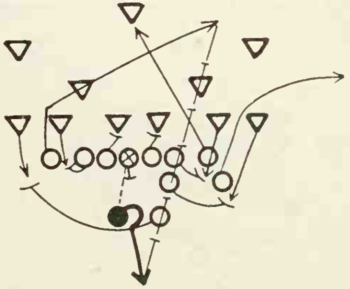


FIG. 52. *Fake reverse or forward pass (Choice).*

OFFENSIVE PLAYS

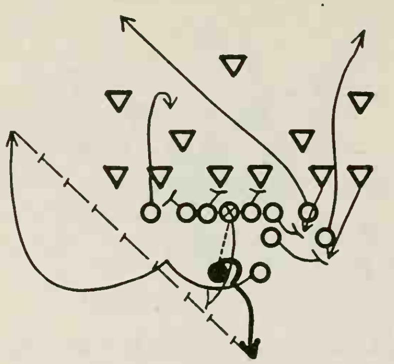


FIG. 53. *Fake reverse pass to fullback (Choice).*

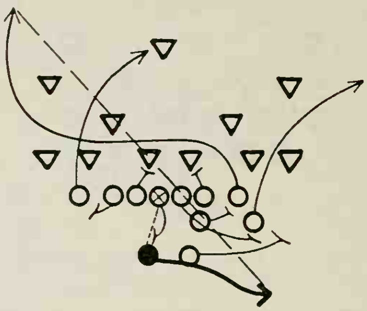


FIG. 54. *Forward pass to weak side (Choice).*

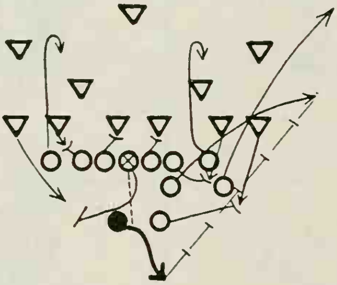


FIG. 55. *Forward pass to the flat or to hooking ends (Spot).*

PLAYS FROM DOUBLE WINGBACK FORMATION (UNBALANCED LINE)

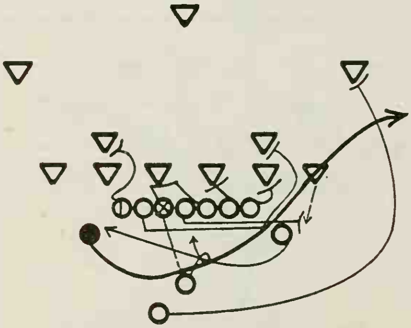


FIG. 56. *Double reverse.*

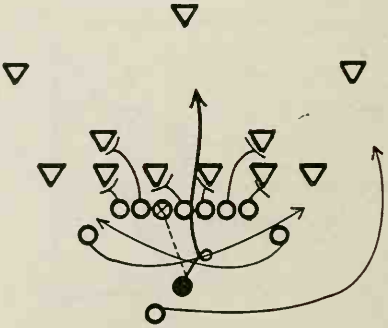


FIG. 57. *Full spin through guards.*

OFFENSIVE PLAYS

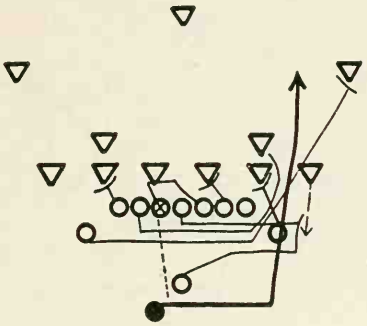


FIG. 58. *Off tackle.*

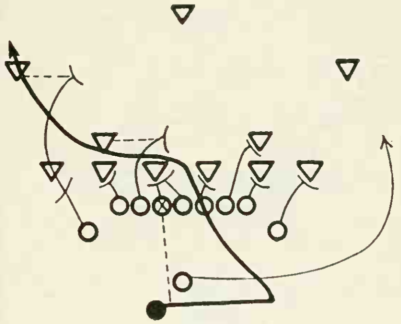


FIG. 59. *Cutback between guards.*

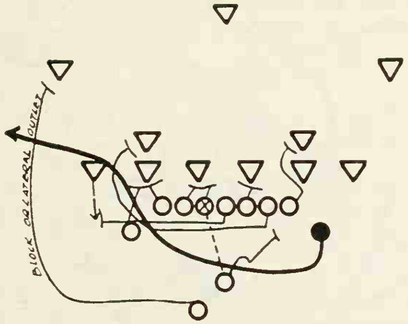

BLOCK OR LATERAL OUTLET

FIG. 60. *Reverse off tackle (weak side).*

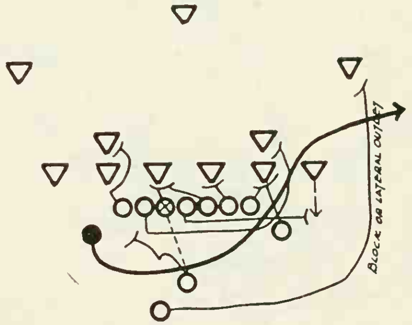

BLOCK OR LATERAL OUTLET

FIG. 61. *Reverse off tackle (strong side).*

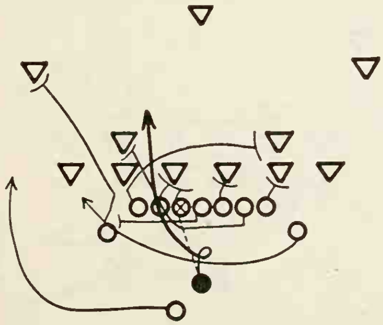


FIG. 62. *Weak side tackle (mousetrap).*

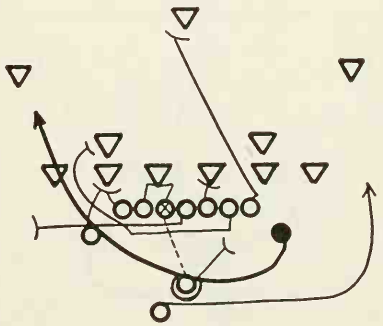


FIG. 63. *Reverse off tackle (Fake to tailback and give to wing).*

OFFENSIVE PLAYS

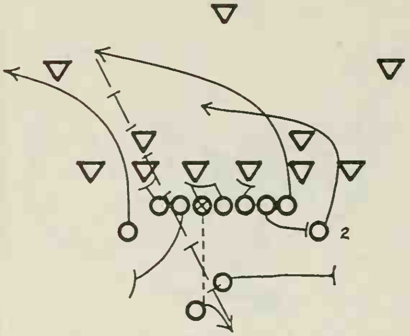


FIG. 64. *Forward pass.*

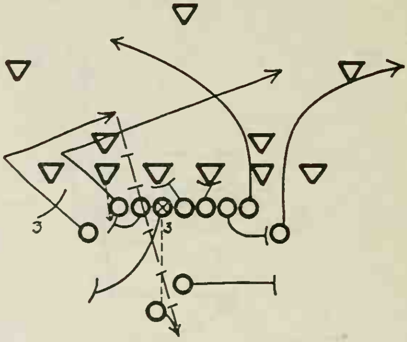


FIG. 65. *Forward pass.*

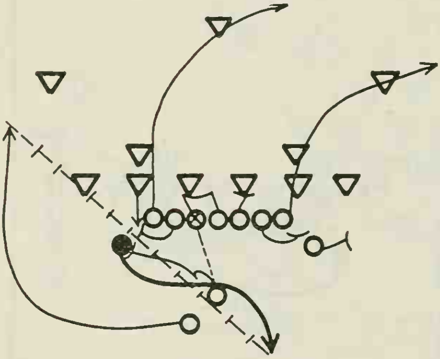


FIG. 66. *Forward pass.*

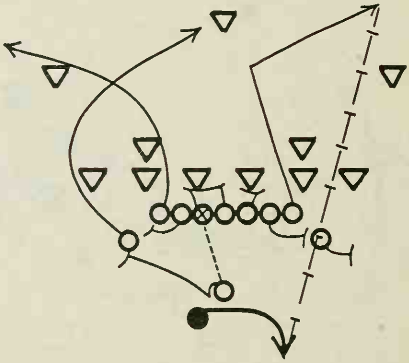


FIG. 67. *Forward pass.*

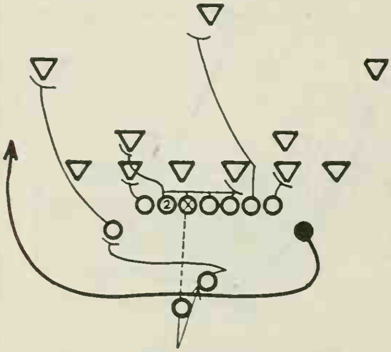


FIG. 68. *Fake quick kick run.*

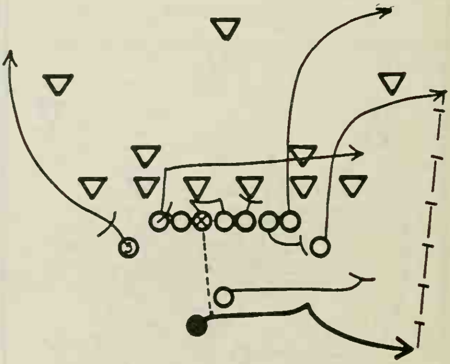


FIG. 69. *Running pass.*

OFFENSIVE PLAYS

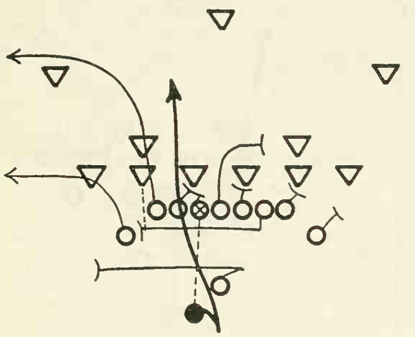


FIG. 70. *Fake pass-run.*

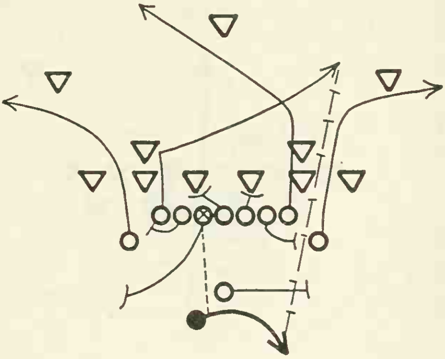


FIG. 71. *Forward pass.*

PLAYS FROM SHORT PUNT FORMATION

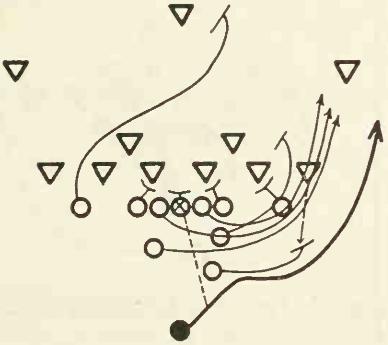


FIG. 72. *End run.*

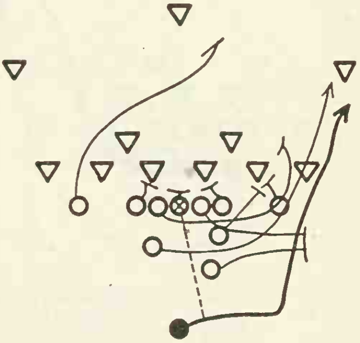


FIG. 73. *Off tackle.*

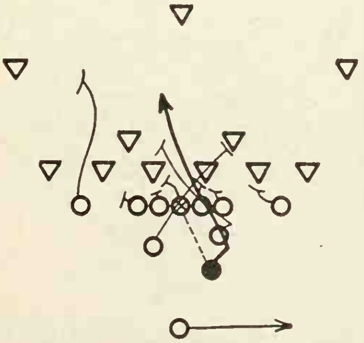


FIG. 74. *Veer buck between guards.*

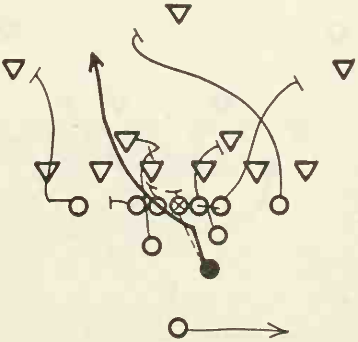


FIG. 75. *Veer buck inside tackle.*

OFFENSIVE PLAYS

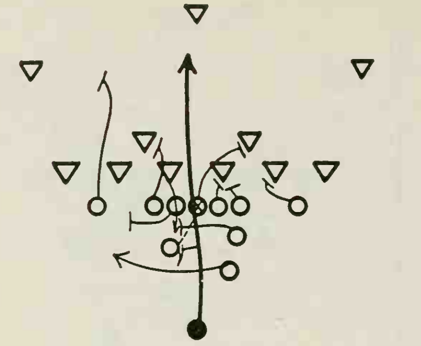


FIG. 76. *Trap on guard (Weak side spin).*

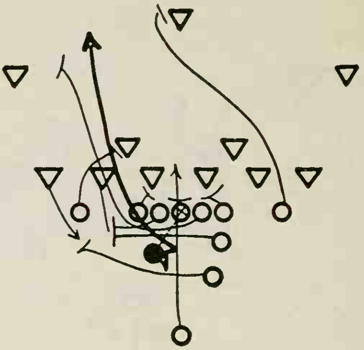


FIG. 77. *Trap on tackle (Weak side spin)*

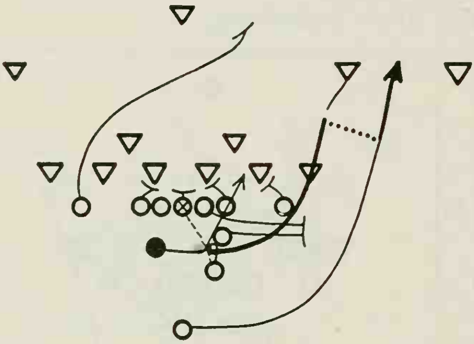


FIG. 78. *Outside tackle with lateral (Strong side spin).*

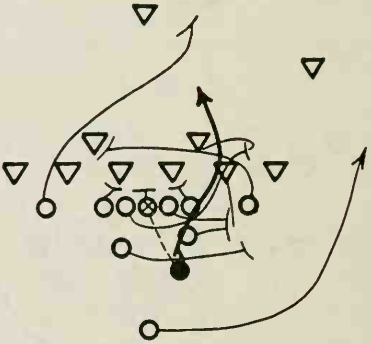


FIG. 79. *Trap on tackle (Strong side spin).*

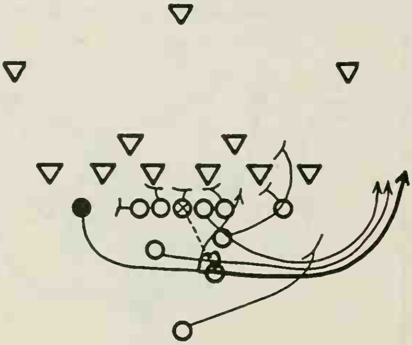


FIG. 80. *End around (Strong side spin).*

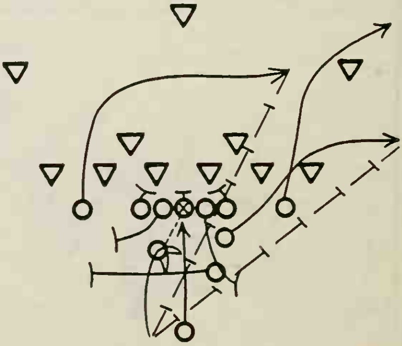


FIG. 81. *Forward pass (Weak side spin).*

OFFENSIVE PLAYS

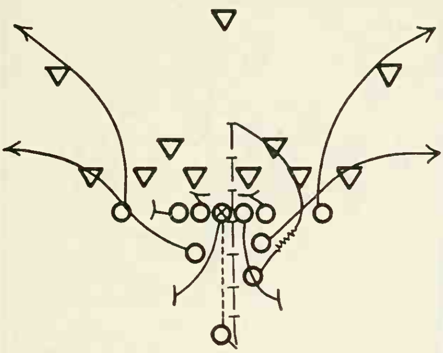


FIG. 82. *Forward pass delayed (Fifth man over center).*

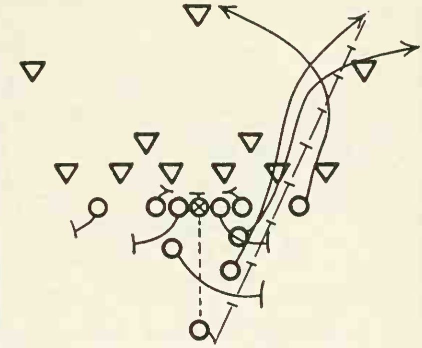


FIG. 83. *Forward pass (Flooding zone on strong side).*

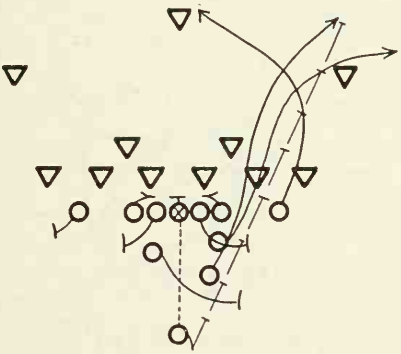


FIG. 84. *Forward pass (Three deep flood on strong side).*

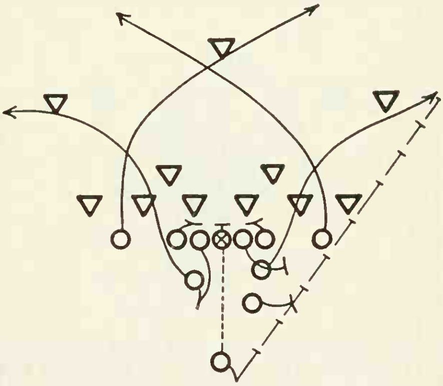


FIG. 85. *Forward pass (Four against three option pass).*

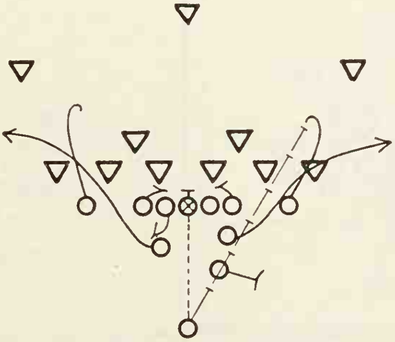


FIG. 86. *Spot pass.*

OFFENSIVE PLAYS

Plays from "T" Formation

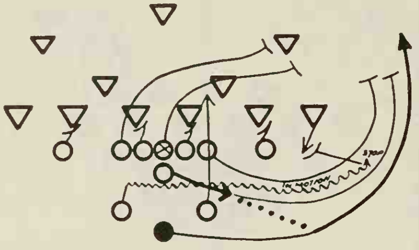


FIG. 87. *End run (Fake buck by RH-Lateral from QB to F-LH in motion—stops outside of E).*

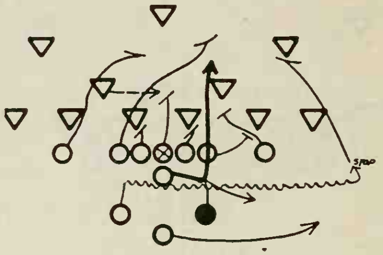


FIG. 88. *Straight buck (Fake lateral—QB to F—LH in motion—stops outside of end).*

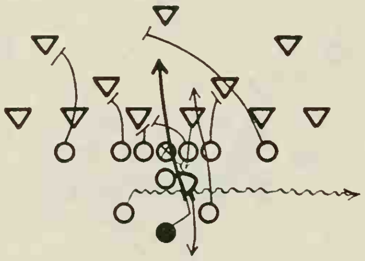


FIG. 89. *Mouse trap (QB fakes to RH and feeds ball to F—C steps back with right foot to trap oppossing LG—LH in motion).*

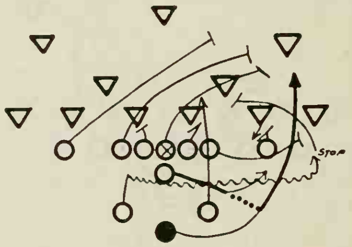


FIG. 90. *Off tackle (Fake buck by RH—short lateral from QB to F—LH in motion—stops outside of end).*

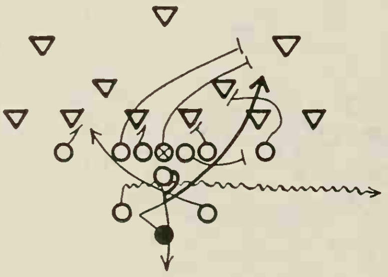


FIG. 91. *Split buck (QB fakes cross buck to RH and feeds ball to F—F takes one step and drives back to right inside tackle—LH in motion).*

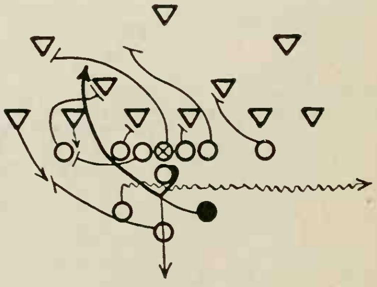


FIG. 92. *Cross buck (QB pivots to right and feeds ball to RH—LH in motion).*

OFFENSIVE PLAYS

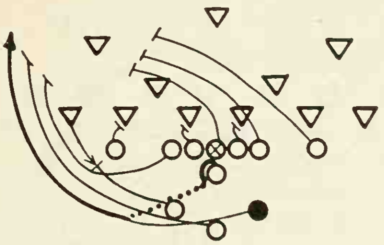


FIG. 93. *Quick end run (QB laterals to RH).*

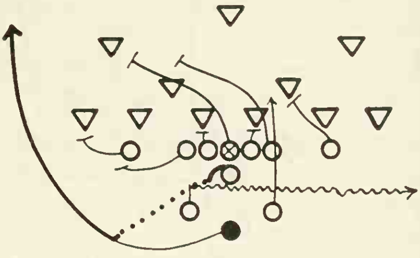


FIG. 94. *Weak side end run (QB laterals to F—LH in motion).*

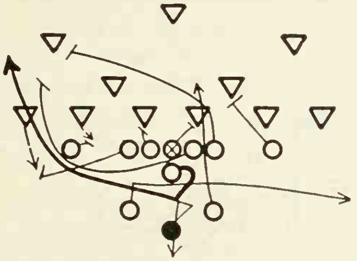


FIG. 95. *Reverse off tackle (QB fakes to RH and feeds to F slanting off tackle—LH in motion).*

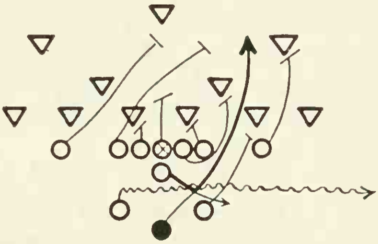


FIG. 96. *Inside tackle buck (QB feeds ball to F—LH in motion).*

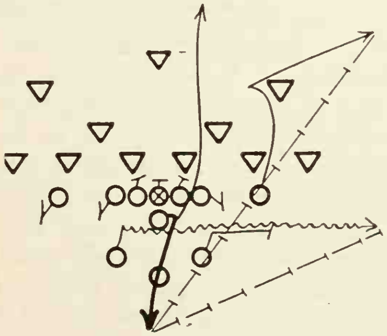


FIG. 97. *Forward pass (1) (QB fakes to F and passes to either RE or LH (man in motion).*

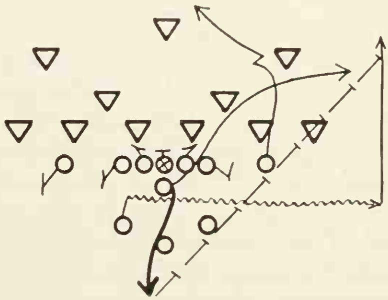


FIG. 98. *Forward pass (2) (QB fakes to F and passes to LH (man in motion) breaking deep).*

OFFENSIVE PLAYS

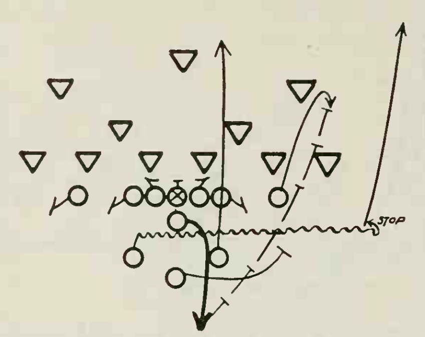


FIG. 99 *Forward pass (3) (QB fakes to RH and passes to RE on "button hook"—LH in motion, stops outside of E and then breaks deep).*

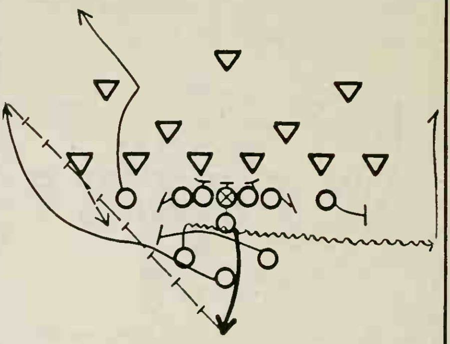


FIG. 100. *Forward pass (4) (QB fakes to RH and passes to F).*

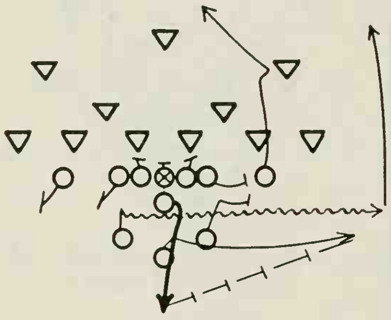


FIG. 101. *Forward pass (5) (QB fakes deep pass and throws to F—LH in motion).*

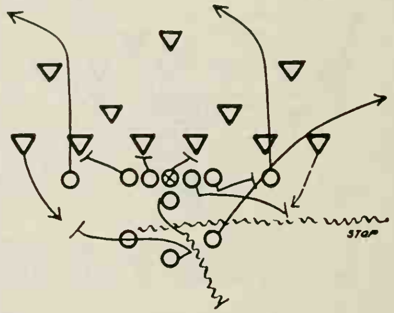


FIG. 102. *Forward pass.*

CHAPTER XIV

Defensive Formations

The type of defensive formation to be adopted should be governed somewhat by experience and ability of the players, the offense that is to be met most frequently, and the prevailing weather conditions. For instance, unless there are three players on the team who are reasonably good at backing up a line it would be unwise to play a 5-3-2-1 defense or a 6-3-2 defense; better results would be obtained from a 6-2-2-1 defensive plan. However, if playing in a section of the country in which teams concentrate on the forward pass attack it probably would be wise to perfect a 5-3-2-1 defense. If rain is a constant factor, thought should be given to some form of the seven man line defense.

Regardless of which defensive plan, or plans, are decided upon, all players should be made aware of the fact that they can improve their defensive play by keeping themselves informed of the tactical situation. The down, the distance to be gained, the position of the ball on the field and the time remaining to play are factors which have a definite bearing on the offensive attack thereby directly influencing defensive play.

Linebackers Are a Necessity

There never has been a strong defensive line with incapable linebackers. A strong line with incapable linebackers will be impotent while a mediocre line with good defenders behind it appears strong. These defenders must have range and speed, but most of all they must have the ability to meet straight thrusts, at the line of scrimmage. Linebackers are in a position to get into practically every play and as a general practice it is their duty to stop the ball carrier after the line has stripped the play of its interference.

Defensive Coordination

In all defenses there must be unity and coherence among all players, resulting in complete coordination of responsibilities and movements. Players should be impressed with the importance of protecting their own territory; the man who leaves his territory before the play has developed will find the offense taking advantage of his mistake to the disadvantage of the entire team. For instance, if an end insists on chasing every play moving away from him he may be surprised by a naked reverse or some other delayed play back over territory that he should be guarding. Halfbacks should not be concerned with plays on the other side of the defense until they are sure that they have adequately defended their own territory.

The control of the first yard of territory is the foundation of defensive line play. Defensive linemen must avoid being moved backward or laterally. After gaining their objective and locating the ball carrier they can move laterally. The linebackers should work as a team with one playing the man coming to his side who accepts the ball or fake, while the other plays the spinner back. Against a play outside of the defensive tackle, the linebacker on the side of the play should keep the ball carrier directly in front of him, the off linebacker should trail the play watching for cutbacks, with the halfback on the side of the run moving up quickly to the outside. The safety should move up and toward the vacated halfback position and the removed halfback should move over and backward, becoming a second safety man. Any play coming through inside of the defensive tackle should be met by a converging secondary.

Looking for Offensive Tip-Offs

Frequently certain players on the offensive team will indicate the play by some peculiar trait or by their block. An alert defensive team can profit by looking for these tip-offs.

Ends

(a) If an end blocks a tackle from the outside it is a safe conclusion that the play will be outside of the tackle.

(b) If the end goes through for a linebacker or other secondary man the play will probably be inside of the tackle.

(c) Ends frequently tip off when they are going down for a pass by lining up in a different position or by looking down the field.

Guards and Tackles

(a) Point, toward man they are going to block, with their eyes or with their body.

(b) Line up differently when they are going to block straight ahead—they may have one foot further back or may line up a little behind the line of scrimmage.

The Center

(a) May point the ball toward the man to whom he is going to pass.

(b) Assumes a stance at an angle when making a pass that requires a long lead.

The Backs

(a) Keep their eyes on place to which they are going to run.

(b) Passer sometimes straightens up too quickly when he is going to pass.

(c) Backs may *lean* toward direction of play.

(d) Quarterback may tip off direction of play—he may not shift so wide on short side plays or he may shift wider on end runs.

STANDARD DEFENSIVE FORMATIONS

The standard defensive formations are: (a) The 6-2-2-1 defense; (b) The 7-1-2-1 (diamond) defense; (c) The 7-2-2 (box) defense; (d) The 5-3-2-1 defense and (e) The 6-3-2 defense.

The 6-2-2-1 Defense

The 6-2-2-1 defense is generally considered the best balanced defensive structure of any yet devised and is the one most widely used. It is composed of six linemen, two linebackers, two halfbacks and a safety man. The strength of the formation is its balance against the running, passing and kicking games. It is strong against off tackle plays and end runs; affords good rushing of the passer and kicker; and gives adequate protection against a quick kick. The man-for-man, zone or combination pass defense will readily fit the formation and the alignment can be easily changed into a 6-3-2, a 5-3-2-1 or a 7-1-2-1 defense. The weakness of this formation is its lack of strength against line plunges.

7-1-2-1 Defense

7-1-2-1 defense is composed of seven linemen, one linebacker, two halfbacks and a safety. This formation is strong against the running game and a quick kick. It is good for rushing the passer and if a zone pass defense is employed it gives adequate protection against passes. From this defense it is easy to change into a 6-2-2-1 and a 5-3-2-1 formation.

The formation is weak against quick opening plays and line plunges. If a play should break through the line it is liable to go to the halfbacks as it is difficult for one linebacker to cover the entire line. Its greatest weakness is pass defense, especially if the man-for-man pass defense is employed; it is particularly vulnerable to flat passes. The center must be able to drop back and protect against passes.

The 7-2-2 Defense

The 7-2-2 Defense is composed of seven linemen, two linebackers and two halfbacks. This defense is exceptionally strong against running plays and is good against flat passes. It is also strong for rushing the passer. The formation is weak against long passes; it is almost impossible to cover three receivers running deep. It is vulnerable to a quick kick.

The 5-3-2-1 Defense

The 5-3-2-1 Defense is composed of five linemen, three linebackers, two halfbacks and a safety man. This defensive formation is widely used because of its strength against the running game and passing game. It is good against a quick kick and can easily be converted into a 6-2-2-1 and a 7-1-2-1 defense. The defense is vulnerable to wide plays and it is difficult to adequately rush the passer.

The 6-3-2 Defense

The 6-3-2 Defense is composed of six linemen, three linebackers and two halfbacks. The formation is strong against running plays and flat passes. With this type of defense a great deal of pressure can be put upon the passer by rushing. It is weak against a quick kick and against long passes.

Forward Pass Defense

The essentials of pass defense are: (a) *Guarding Receivers* with the objective of intercepting the pass, knocking it down or tackling the receiver of the pass if the ball is caught, (b) *Rushing the Passer* with the objective of spoiling the passer's accuracy or of keeping him from throwing the ball; (c) *Chugging or Delaying the Receivers* with the objective of ruining the timing of the pass plays.

Guarding Receivers.—In general there are three types of defenses, namely: *The man-for-man defense; the zone defense* and *the combination defense.* Of the three the latter is perhaps the most popular, but it is a matter of common knowledge that no pass defense has yet been devised which will defend perfectly against every pass play that an opponent may use. A substantial rule to follow is: If the defensive plan is not adequate in defending against the majority of passes let the opponents complete the short passes but not the long ones.

The Man-for-Man Defense requires each pass defender to cover a particular receiver wherever he goes. The strength of this defense lies in the fact that defenders know at all times whom they must cover. The defense is weak against crossing ends which cause the defenders to cross, and it requires players to move a great distance from their position in order to cover their men. It is comparatively easy for a clever receiver to out-maneuver a defender who is the least bit slower than the receiver.

The Zone Defense requires each pass defender to protect a definite zone or territory. The defenders fade back watching the passer and when the ball is thrown they move toward it, playing the ball, not the receivers. This defense is strong against most types of passes and it does not require exceptional speed on the part of the defenders. It is weak against passes designed to flood a certain zone and at times the zones become too large to cover.

The Combination Defense requires each pass defender to cover a particular receiver or a definite zone, shifting from one responsibility to the other (from zone to man-for-man or vice versa) depending upon the path of the receiver. For example, the right defensive halfback may be assigned to cover the left offensive end or to protect a definite zone on his side. If the left end runs down and out the halfback would cover him man-for-man, but if the end runs down and across the halfback would remain and protect his zone (shift from man-to-man to zone). This is an extremely strong defense against all types of passes; its weakness lies in confusion among defenders as to whom to cover and when to cover. A strong personnel is necessary to effectively operate this type of pass defense.

Rushing the Passer.—The first essential of a good pass defense is consistent, hard rushing of the passer by all linemen, excepting those given other assignments, such as dropping back into a zone or covering a particular receiver. A mediocre passer if given time would be able to pass to completion, while a good passer might pass poorly if put under constant pressure by the opposing line. The ends should rush from an outside angle, keeping the passer abreast of their inside shoulders to prevent him from running around them on a fake pass. The tackles and guards should drive straight for the passer. If a guard is delayed on the line of scrimmage to the extent that he would be late in rushing, he should drop back in the middle zone to aid in the defense against passes. The rushers should not jump in the air to block the pass, thereby allowing the passer to fake a pass and duck around them, but should tackle the passer high in an attempt to enclose his arms. Many a successful pass that could have been stopped by a high tackle, has been made with an opponent hanging on to the passer's waist or legs. If the passer has the ball when a rusher is near enough to tackle him, he should be tackled and tackled hard; the rusher must not be fooled into stopping his charge by the faking of a throw.

Chugging or Delaying the Receiver is the slowing up or momentary delaying of a receiver by legal defensive use of the hands and arms before the ball is in the air

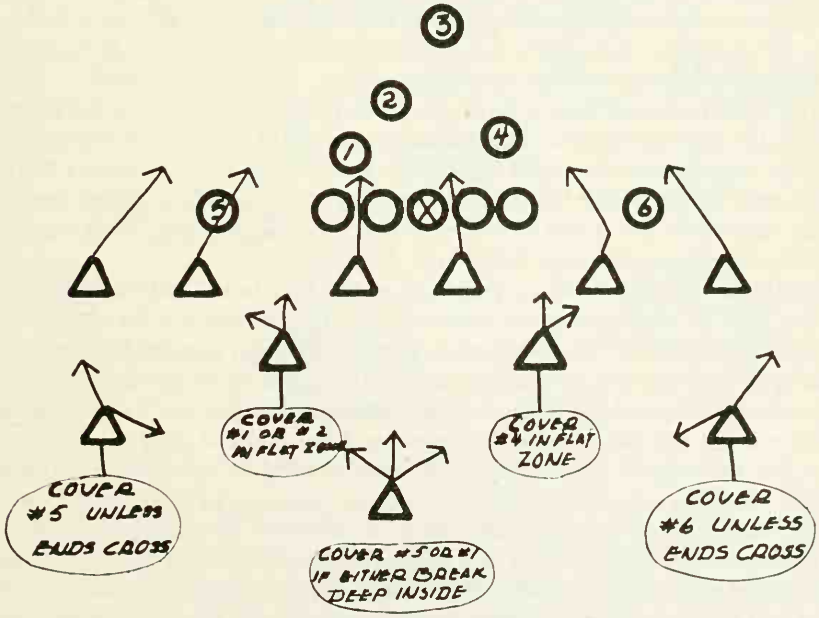
As far as the defense is concerned, pass receivers are potential blockers until the ball is thrown; therefore defenders can use defensive measures to ward them off. Delaying the receiver is an effective measure in disrupting the timing of a pass play and in materially aiding the defensive backs in covering a fast, clever receiver. Linemen should not be expected to check a receiver and also effectively rush the passer. (NOTE: *Players should be cautioned about defensive holding in delaying receivers.*)

INDIVIDUAL ASSIGNMENTS IN THE DEFENSIVE FORMATIONS

The 6-2-2-1 Defense Against the Short Punt Formation (Using the Combination Pass Defense)

Ends.—Play about two yards from their tackles, and drive two or three steps across the line of scrimmage at a forty-five degree angle. They should assume inside responsibility and attempt to strip the play of its interference. Both ends should rush the passer.

Tackles.—*The strong side tackle* plays on the outside shoulder of the end and drives slightly inward and one yard across the line of scrimmage. He must not let the end block him in and he must be alert to smash inside to prevent being trapped. He should rush the passer. The *weak side tackle* plays on the inside shoulder of the end and steps toward him. If the end blocks him, he fights against the block to the outside; if the end slips him, he should drive to the inside. He may rush the passer or fade out to protect the flat zone.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⑥
COVER #5 UNLESS ENDS CROSS
COVER #1 OR #2 IN FLAT ZONE
COVER #5 OR #1 IF EITHER BREAK DEEP INSIDE
COVER #4 IN FLAT ZONE
COVER #6 UNLESS ENDS CROSS

FIG. 103. *6-2-2-1 vs short punt combination pass defense.*

Guards.—*The strong side guard* plays on the inside shoulder of the right offensive tackle and drives low and hard across the line of scrimmage. He must protect his territory against straight thrusts and trap plays. He should rush the passer. *The weak side guard* plays in front of or favors the inside shoulder of the left offensive guard. He should charge low and hard, protect his territory and be alert for traps. He should rush the passer. The guards are responsible for the territory between them.

Linebackers.—Play between their defensive guards and tackles, three yards deep. They should look for offensive tip-offs to aid them in meeting inside and outside tackle plays. They should look before reacting to the play in order not to be drawn out of position by deception. On plays going away from their position they should move over slowly in the direction of the play, watching for cut backs. If a pass develops the *strong side linebacker* fades back to cover the outside middle zone on his side covering either No. 1 or No. 2 if they go into the strong side flat. *The weak side linebacker* fades back to cover the outside middle zone on his side, watching and playing No. 4 if he goes into the weak side flat. He should also be alert for No. 1 and No. 2 going out to the weak side flat.

Halfbacks.—Play from eight to ten yards deep behind their defensive ends. They should look before they react to the play; if the offensive ends block the tackles they should come up fast to the outside to meet the play. If the play starts away from their position they should move slowly back and over in the direction of the play watching for a delayed play coming back to their side. If No. 5 and No. 6 break for a pass the halfbacks cover them man-for-man, unless the ends cross over, in which case the halfbacks play the deep outside zones.

Safety.—Plays from fifteen to thirty-five yards deep and in line with the offensive fullback. On running plays he should come up quickly to the position vacated by the halfback. He must be alert for a quick kick. If a pass develops he covers the deep middle zone. If No. 1 and No. 5 break deep and to the outside he covers the inside man of the two. If No. 5 and No. 6 cross over he should call out "Ends Across" to aid his halfbacks in protecting their zones.

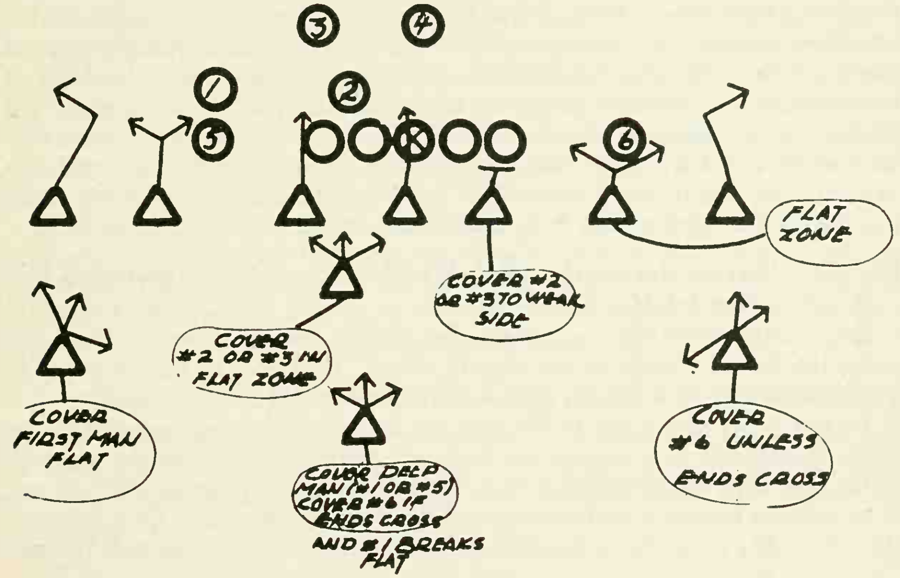
NOTE: *A Defensive Triangle* composed of the end, tackle and linebacker, varying the path of their charge is extremely effective in the 6-2-2-1 defense. Coordinated maneuvers of this combination are: (a) The end smashes in very shallow to the spot normally occupied by the tackle, the tackle slides out to take over the end's responsibility and the linebacker plays normal. (b) The end drops to the linebacker position, the tackle moves out to the end position and the linebacker moves up to take the tackle's responsibility. The maneuvering of this defensive trio does not affect the play of the other defenders, if the maneuvers are executed in unison and without a tip off to the offensive team. A defensive plan of this type is more effective against an offense with a split end, which gives the linebacker more freedom in rushing through into the backfield; whereas against a tight end offense the linebacker will find it is difficult to break through before being tripped or slowed up on the line of scrimmage.

The 7-1-2-1 Defense Against the Single Wingback Formation, Balanced Line (Using the Combination Pass Defense)

Ends.—Play about two yards from their tackles. They should take two steps across the line of scrimmage, slightly inward; they have outside responsibility and should meet the interference in such a way as to not be blocked in. Both ends should rush the passer.

Tackles.—*The strong side tackle* plays well outside of the end and charges one yard straight across the line of scrimmage. He must not let the end block him in, and if the end and wingback attempt to box him in he should fight to the outside. If he meets no resistance he should drop low and drive to the inside to meet trap plays. He should rush the passer. *The weak side tackle* plays directly in front of the end. He must control the end in order to move in or out against short side plays. If the end blocks him from the outside he should fight out; if the end passes him up he should fight to the inside. He should delay the end on pass plays and then fade out to cover the weak side flat zone.

Guards.—The left guard plays on the outside shoulder of the right offensive tackle. He must charge low and hard, protecting his territory against inside tackle plays, traps and straight thrusts. He should use various stunts to defeat a side swipe by the offensive end. He should rush the passer. *The right guard* plays either in front of the center or between the right offensive guard and center. He should charge hard, causing the center to make poor passes. He must protect his territory against straight bucks and traps. He should be able at times to break through and catch plays from behind. He should rush the passer.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FLAT ZONE
COVER #2 OR #3 TO WEAK SIDE
COVER #2 OR #3 IN FLAT ZONE
COVER FIRST MAN FLAT
COVER DEEP MAN (#1 OR #5) COVER #6 IF ENDS CROSS AND #1 BREAKS FLAT
COVER #6 UNLESS ENDS CROSS

FIG. 104. *7-1-2-1 vs single wing combination pass defense (balanced line).*

Center.—Plays on the inside shoulder of the left offensive tackle in either a semi-crouch position or a three point stance. He may play on the line of scrimmage or a half yard off. He should hold his ground warding off blocks and moving toward the play. Occasionally he should knife through into the backfield to spill a running play or rush the passer. If a pass develops he should fade back to protect the short center zone watching and covering either No. 2 or No. 3 if they come through the short side and start deep.

Linebacker.—Plays from three to four yards deep and in line with the inside shoulder of his left guard. He should protect the territory between the guards and inside of the left tackle and move to the outside slowly, watching for cut backs. He should watch for tip-offs which may lead him to the play. He covers either No. 2

or No. 3 if they break into the strong side flat to receive a pass; if they block he fades back and protects the middle outside zone.

Halfbacks.—Play behind their ends from seven to ten yards deep. They are responsible for wide runs, and should watch the end and wingback for play clues. If No. 1 or No. 5 break for a pass the *left halfback* covers the first man flat, being careful not to come up too fast thereby letting the receiver run an out and down path and get behind him. If No. 1 and No. 5 run deep and to the inside he covers the outside man of the two. If neither No. 1 nor No. 5 breaks into the flat zone he fades back covering the deep outside zone. If he hears the safety call "Ends Across" and No. 1 has also run deep and to the inside, he must stay in his zone to cover No. 6. *The right halfback* takes No. 6 man-for-man, unless he hears the safety call "Ends Across," in which case he protects the deep outside zone on his side.

Safety.—Plays fifteen to thirty-five yards deep, favoring the strength of the offensive formation. He should come up fast and stay in front of running plays. If No. 1 and No. 5 break for a pass, he should take the one who does not break flat. If one of these two receivers breaks out and the other in he should take the one breaking in. If both break deep and out he should cover the inside man of the two. He must be alert for crossing ends, in which case he calls "Ends Across" and then plays the deep middle zone, unless No. 1 has run into the strong side flat in which case the safety must cover No. 6. He should play the ball after it is thrown.

The 7-2-2 Defense Against the Single Wingback Formation, Unbalanced Line (Using a Man-for-Man Pass Defense)

Ends.—Play about two yards from their tackles and take two or three steps across the line of scrimmage and slightly inward. They must be careful not to be outflanked as they have outside responsibility. They should rush the passer.

Tackles.—*The strong side tackle* plays in front of the wingback and charges one yard across the line of scrimmage. He must not be blocked in by either the wingback or the end. If he meets resistance from the end and wingback he should fight out; if he meets no resistance he should drive to the inside for trap plays. He should rush the passer. *The weak side tackle* plays on the outside shoulder of the end. He must

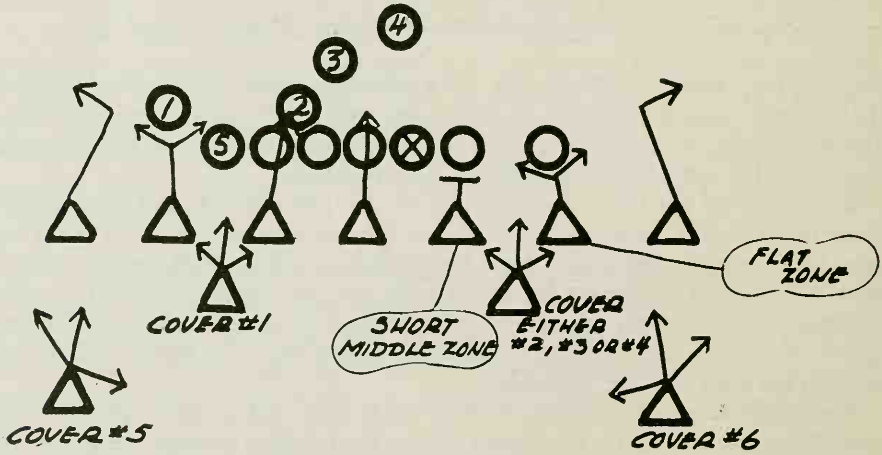


FIG. 105. *7-2-2 vs single wing man-for-man pass defense (unbalanced line).*

control the end and be ready to meet an inside or an outside play. He should chug the end and fade out into the weak side flat zone if a pass develops.

Guards.—The left guard plays in front of the outside offensive tackle. He must charge low and hard protecting his territory against traps and linebucks, fighting to the outside to help on wide plays. He should rush the passer. *The right guard* plays in front of the left offensive guard. He must protect his territory and help on short side plays. He should be very effective in rushing the passer.

Center.—Plays in front of the right offensive guard in either a semi-crouch position or three point stance. He should protect territory to either side of his position, as well as defending against a line plunge directly over his position. If a pass develops he should fade back protecting the short middle zone, being careful not to be fooled by a fake pass and run over the territory he vacated.

Linebackers.—Play about three yards back and between the defensive guards and tackles. They must meet plays inside of the end, inside of tackle and inside of guard on their respective sides. They should watch for offensive tip-offs. If No. 1 breaks for a pass the *strong side linebacker* must cover him wherever he goes. *The weak side linebacker* watches No. 2 and No. 3. If either breaks through the short side for a pass he must take the receiver wherever he goes. If No. 3 is the passer he must watch No. 4 as a possible receiver to the short side.

Halfbacks.—Play from ten to twelve yards deep behind their own ends. They must come up fast on running plays, watching the end, or end and wingback, for play clues. If a pass develops the *left halfback* takes No. 5 wherever he goes. *The right halfback* covers No. 6 wherever he goes. They must play the ball as soon as it is thrown and they should be alert for a quick kick.

The 5-3-2-1 Defense Against the "T" Formation (Using a Zone Pass Defense)

Ends.—Play outside of the offensive ends and crash into the backfield at an angle of about forty-five degrees. They should meet blockers and drive them back, smashing everything in their path. They must disregard fakes. They should rush the passer.

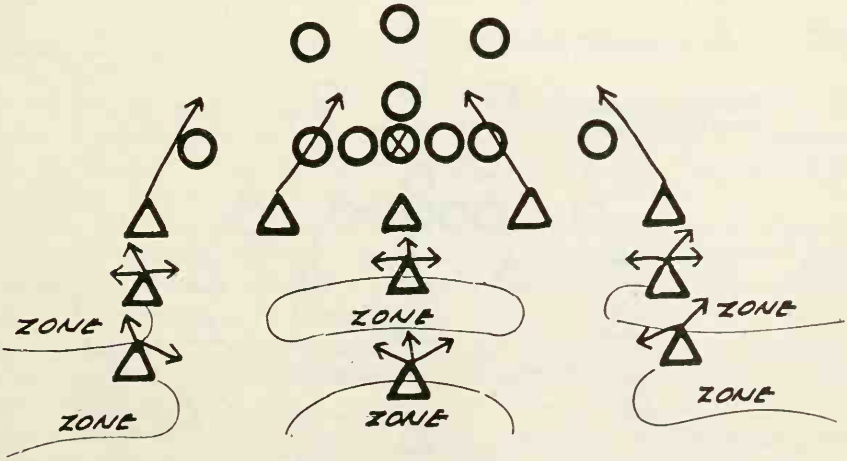


FIG. 106. *5-3-2-1 vs "T" formation zone pass defense.*

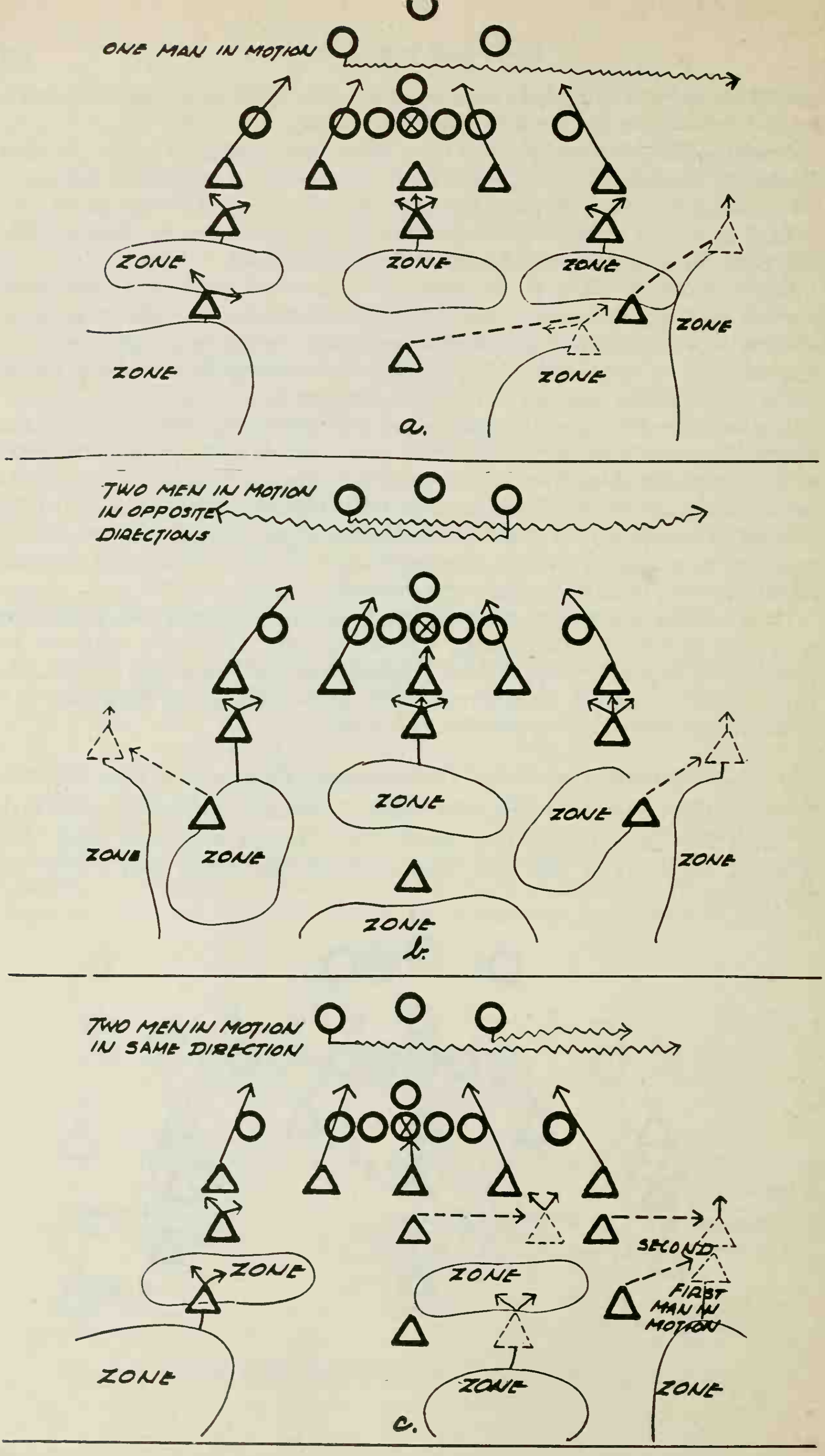

ONE MAN IN MOTION
ZONE
ZONE
ZONE
ZONE
ZONE
ZONE
a.
TWO MEN IN MOTION
IN OPPOSITE
DIRECTIONS
ZONE
ZONE
ZONE
ZONE
ZONE
ZONE
ZONE
b.
TWO MEN IN MOTION
IN SAME DIRECTION
ZONE
ZONE
SECOND
FIRST
MAN IN
MOTION
ZONE
ZONE
ZONE
c.

FIG. 107. *Movements of secondary with players in motion.*

Tackles.—Play off of the outside shoulders of the offensive tackles. They should charge hard and low and slightly inward. They should not try to penetrate into the backfield, but should protect their territory on the line of scrimmage. They must disregard fakes. They should rush the passer.

Center Guard.—Plays in front of the offensive center. He should attempt to prevent the center from breaking through to block in secondary. He should be alert for quarterback sneaks. He must disregard fakes. He should rush the passer.

Linebackers.—The middle linebacker plays about three yards behind the center guard. He must hesitate for an instant so as not to be pulled out of position by fakes. He must cover his territory first and then move either right or left to support the outside linebackers. If a second offensive player starts in motion in the same direction as the first, the middle linebacker should slide in that direction to a position between the defensive tackle and end. If a pass develops he should fade back and cover zone. *The outside linebackers* play behind their own end, three yards deep. They are responsible for outside plays. They should hold their position when the first player goes in motion to their side but if a second man starts in motion in the same direction as the first, the linebacker on the side of the second man in motion should move out with the second man. *The middle linebacker* then moves over to the territory which the outside linebacker has just vacated. If a pass develops the two outside linebackers fade back and cover zone.

Halfbacks.—Play about eight yards back and just outside of their ends. They should come up fast to the outside on running plays. They cover zone if a pass develops. They should move out and slightly up with the first man in motion to their side. From this position the halfbacks can adequately defend against a run or a pass.

Safety.—Plays behind the middle linebacker and about eight to ten yards deep. He must support on all running plays and he covers zone on passes. When one player starts in motion he moves over to take the position of the halfback who moves out to cover the man in motion. If one offensive player starts in motion in one direction and then another player starts in motion in the opposite direction the safety should return to his original position.

The 6-3-2 Defense Against the Double Wingback Formation (Using a Zone Pass Defense)

Ends.—Play about two yards from their tackles. They should crash into the backfield at a forty-five degree angle, and directly over the wingbacks. If a wingback leaves his position, the end should be alert for a reverse play. They have inside responsibility. They should rush the passer.

Tackles.—Play in front of the ends and charge inward. They should charge to a spot directly behind the offensive ends, attempting to strip the play at that point. If the ends are breaking to receive a pass, the tackles should delay them somewhat by charging through the ends, on their way to rush the passer.

Guards.—Play in front of the middle tackle and center. They should charge hard and low to a spot directly behind these men, stripping the play at that point. They should rush the passer.

Linebackers.—The middle linebacker plays in front of the right offensive guard, three yards back. He should meet all plays between the two offensive ends. If a pass develops he should fade back and protect the middle zone. *The outside line-*

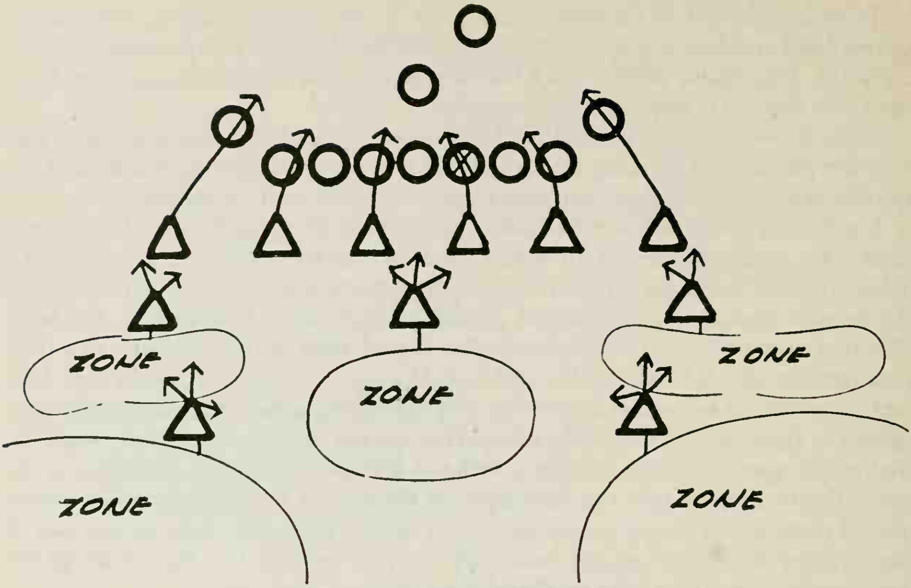


FIG. 108. *6-3-2 vs. double wingback-zone pass defense.*

backers play just outside of their defensive ends, three yards back. They are responsible for outside plays and delayed plays coming back to their respective side. They should watch the offensive end and wingback for tip-offs. If the end and wingback break for a pass they should fade back and cover semi-deep flat zones on their respective side.

Halfbacks.—Play behind their own ends, eight to ten yards deep. They should watch the end and wingback for play clues and move accordingly. They should not have to come up too fast against running plays because of the line backing strength; but they must be able to meet inside and outside running plays. If the end and wingback break for a pass, they should cover deep zones on their respective sides They should be alert for quick kicks and especially for long passes.

SPECIAL DEFENSES

The Undershifted 6-2-2-1 Defense with Overshifted Linebackers

This results in a seven man line on the weak side and a five man line on the strong side. The strong end should smash over the outside hip of the wingback and the weak side end should assume outside responsibility. The strong side tackle plays as a guard, charging low and hard through the offensive tackle, while the weak side tackle should control the end opposing him and move toward the play. The guards drive through the men directly opposing them and slightly to the weak side. The strong side linebacker plays outside of his own end and becomes a second end in meeting wide plays. The weak side linebacker plays between his guards and is responsible for line bucks. The play of the halfbacks and safety is the same as in the normal 6-2-2-1 defense.

The purpose of the defense is to stop a strong short side attack by strengthening the line on that side, at the same time defending against the strong side attack with overshifted linebackers. The undershift of the line makes the offensive team adjust

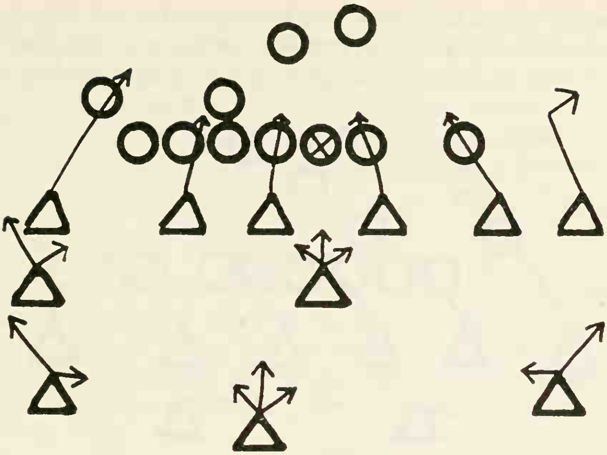


FIG. 109. *Undershifted 6-2-2-1 defense.*

its blocking assignments and the overshifted linebackers are in a good position to defend against short passes.

The Overshifted 6-2-2-1 Defense with Undershifted Linebackers

This results in a seven man line on the strong side and a five man line on the weak side. This defense can be used to advantage against running plays but the strong side flat zone is vulnerable to passes.

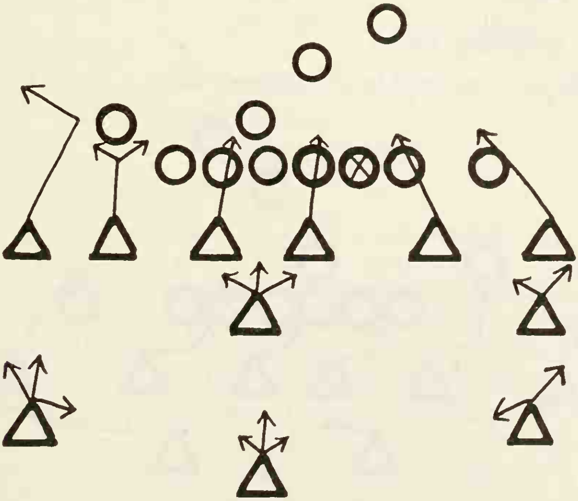


FIG. 110. *Overshifted 6-2-2-1 defense.*

The Slanting Defensive Line

This is a coordinated line and linebacker movement, with the entire line charging at an angle; the linebackers moving opposite to the direction of the line charge. If the slant is to the right, the left end should smash. the right end assuming definite outside responsibility and the linebackers moving to the left. The purpose of this maneuver is to confuse offensive blockers. The weakness of this plan lies in the fact that if one man fails in his angle charge or is cut off by a blocker, a large hole is created in the defensive line. Such a defense is vulnerable to well designed cut plays and veer plays.

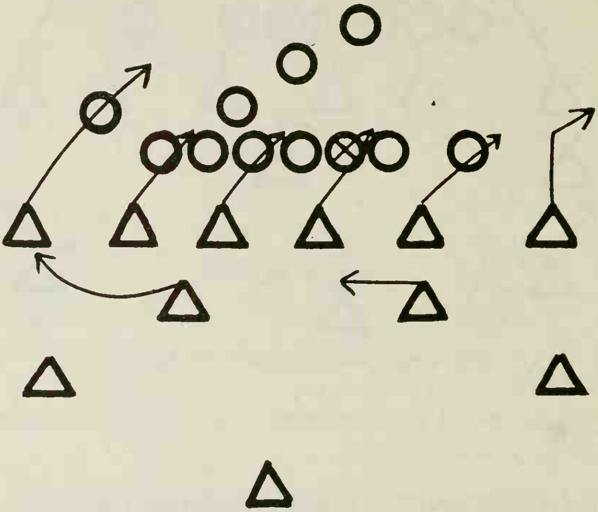


FIG. 111. *Slanting line defense.*

The Looping Defensive Line

This is a maneuver executed by the linemen taking a lateral step parallel to the

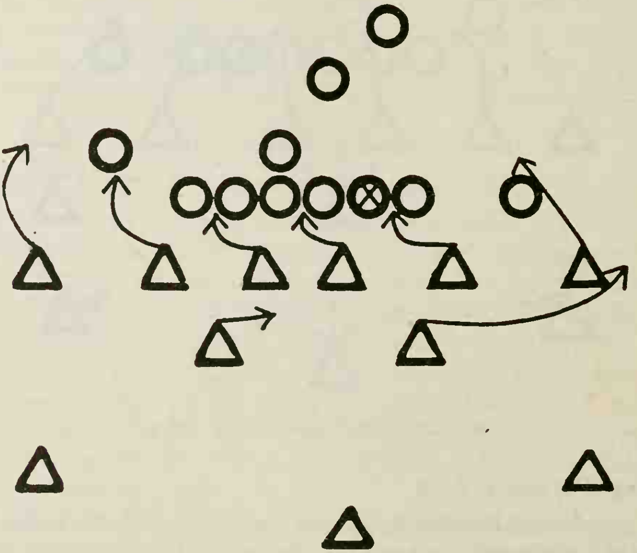


FIG. 112. *Looping line defense.*

line of scrimmage, then charging forward, the linebackers moving in the opposite direction of the initial step of the linemen. The same strength and weakness is evident in the plan as in the slanting defensive line. It is more difficult to block linemen using this maneuver than it is to block linemen employing the slant charge, but the slanting line can withstand a quick thrust better than the looping line. Lack of unity in the charge of the line in either of these plans is especially damaging to the defense.

Defense Against a Spread Formation

Offensive formations which deploy men over a wide area usually cause the defensive team to shift out of its customary position. Spread formations in themselves are not particularly strong but are often successful because the defense is not prepared to adjust its strength to meet the strength of the spread.

The offensive formation shown in the accompanying diagram is essentially a passing formation. A defense against this formation could be arranged as follows: The ends move out and slightly back to a position just inside of the two offensive extremities. The tackles play well to the outside of the offensive tackle and guard and smash in hard at a sharp angle to rush the passer. The guards play evenly spaced between their tackles and charge across to rush the passer. The middle linebacker plays between his guards, four yards deep. The center plays in front of the left offensive end, four yards back. The halfbacks play eight to ten yards deep and to the inside of the offensive ends. The safety plays fifteen yards deep, behind the middle linebacker. If a pass develops, both ends, the middle linebacker, the center, both halfbacks, and the safety should cover zone.

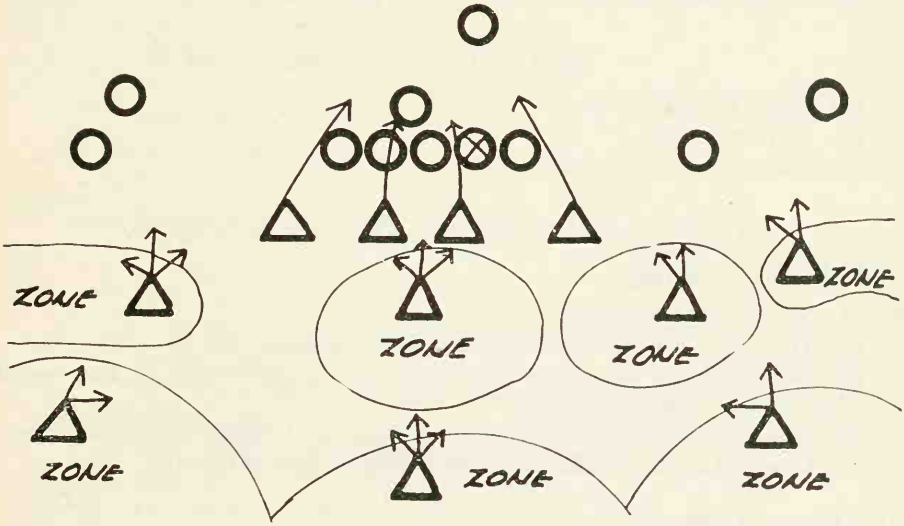


FIG. 113. *Defense against a spread formation.*

COACHING POINTS

(1) The defensive plan is important but its execution is more important.
(2) Any defense without hard, crisp tackling is doomed to failure.

(3) The failure of one player to carry out one defensive assignment may mean that perfect execution by ten teammates is wasted.

(4) An assignment that is beyond the capabilities of a player should not be given.

(5) Better results are gained when the defensive plan fits the players rather than when the players are fitted into the plan.

(6) Capable linebackers are a necessity.

(7) Brains are more important than brawn; on defense each man has more of a chance to think for himself than on offense, but there should be no deviation from the general plan of defense.

(8) The side lines are the best defenders and should be used as allies.

(9) The nearer the middle of the line a man plays, the less leeway he has in the variance of his position or the path of his charge.

(10) Close scrutiny of the opponent's strength, weaknesses and habits should aid the defense, but the defense must be alert for the unexpected.

PASS DEFENSE DRILLS

(a) Single defender drill.
(b) Playing the ball.
(c) Skeleton secondary drill.

TYPES OF SCRIMMAGE FOR TEAM DEVELOPMENT

(1) Dummy Scrimmage

(a) Use standing dummies.

(b) Have men holding dummies exert all the pressure they can.

(c) Have backfield men hold dummies in the approximate area they would be blocked under game conditions.

(d) Quarterback should call plays loud enough for defensive men to hear them.

(e) Men who are to be cross blocked should move dummy forward.

(2) Passive Scrimmage

(a) Everybody same as in a game. but defensive men are not to try to fight out of blocks.

(b) May have two handed touch constitute a tackle.

(c) Cover passes aggressively.

(d) Make it as much like a real game as possible.

(e) Put in a quick kick occasionally.

(3) Partial Scrimmage

(a) Defensive Line Only
  1. Line up five, six or seven man line.
  2. This will give team practice in opening up initial holes.
(b) Defensive Line Plus Linebackers
  1. Should be a follow up on (a)
  2. Enables concentration on the defensive linebackers who are the most dangerous men to contend with.

(c) Full Team
  1. Line passive, backs active
    a) Provides opportunity to teach
    b) Provides practice for blocking in the open.
  2. Backs passive, line active
    a) Backs use two handed touch in lieu of active tackle.
    b) Backs cover passes aggressively.

(d) Kicking Scrimmage
  1. Full scrimmage on receiving and covering kicks.
  2. Try to block punts.
  3. Work on punt return plays.
  4. If offensive team gets within proper distance, let them try for a field goal.

(e) Passing and Kicking Scrimmage
  1. Passing only unless team fails to make yardage.
  2. Kick on fourth down.
  3. Use quick kick occasionally.
  4. Try for field goal.
  5. It is advisable to put in full scrimmage when team gets within the ten yard line.

(f) Running Touchdown Plays
  1. Running plays
    a) Line up teams on ten yard line.
    b) Make them run certain number of plays over goal line. Insist upon perfection.
    c) Have teams run them in order—this causes each team to add polish as they are all anxious to complete practice.
  2. Passing plays
    a) Same as above only from further out on the field.

(g) Polishing Plays
  1. Have teams run through plays at half speed.
  2. Insist upon perfection in every respect.
    a) Pass from center.
    b) Hitting correct hole.
    c) Ball handling.
    d) Footwork.

(h) Full Scrimmage
  1. Factors governing amount.
    a) Stage of season—Before first game; After first game.
  2. Number of injuries.
  3. Advancement of squad.
  4. Size of squad.
  5. Opponent to be met.
    a) Weak.
    b) Strong.
    c) Type of offense used.

CHAPTER XV

Generalship

Football authorities agree that of all the factors that make for success in games, the proper selection of plays is by far the most important. Poor play selection will nullify the finest of team work and will eventually break down morale. On the other hand, even a mediocre eleven will rise to great heights when directed by a brilliant quarterback.

The quarterback should have courage, initiative, brains, vocal command and the complete confidence of his teammates.

There are certain basic principles upon which all generalship must rest. The first great rule is: "An advance by *rushing* of more than forty yards is rarely successful." Something happens: A fumble or a penalty, or a slip-up in the offense, and the advance is stopped; therefore the quarterback should not plan on using his rushing attack over stretches greater than forty yards.

The second rule is: "Never lose the ball on downs." Always kick the ball forward when stopped. Of course, this rule may not apply in the scoring zone, when trying to rush or pass the ball over the goal line.

The third rule is: "Press the kicking game." If outkicking the opponent, go to position and kick.

The fourth great principle of Generalship is: "Make and play for the breaks." The problem of defeating a weak team is simple to solve, but the problem of beating an equal or better team generally turns on the application of this rule. It means taking advantage of the opponent's weaknesses, and those weaknesses may be in pass defense, fumbling punts, having punts blocked, or perhaps in having a particularly poor player in some position. Remember (1) The team that makes the fewest mistakes usually wins. Remember every fumble, blocked kick and intercepted pass means the loss of at least 40 yards. (2) Make and play for the breaks. When one comes your way, take advantage of it and score.

There is shown a map of the field, giving zones of play. It must be regarded as very elastic, susceptible to change in order to meet any particular opponent or situation.

GENERAL RULES FOR THE QUARTERBACK

When to Punt

Punt on first down in the danger zone, or take *one play* to the windward, and kick on *second down.* Fumbles and penalties are too costly here to hold onto the ball and risk disaster. Punt on second or third down in transitional running zone; punt on fourth down in transitional pass zone, even if only a foot to go.

When to Pass

Any time outside your thirty yard line, whenever you think it will go. This usually means when your opponents are not expecting a pass. However, you want to be extremely careful about passes when you are ahead.

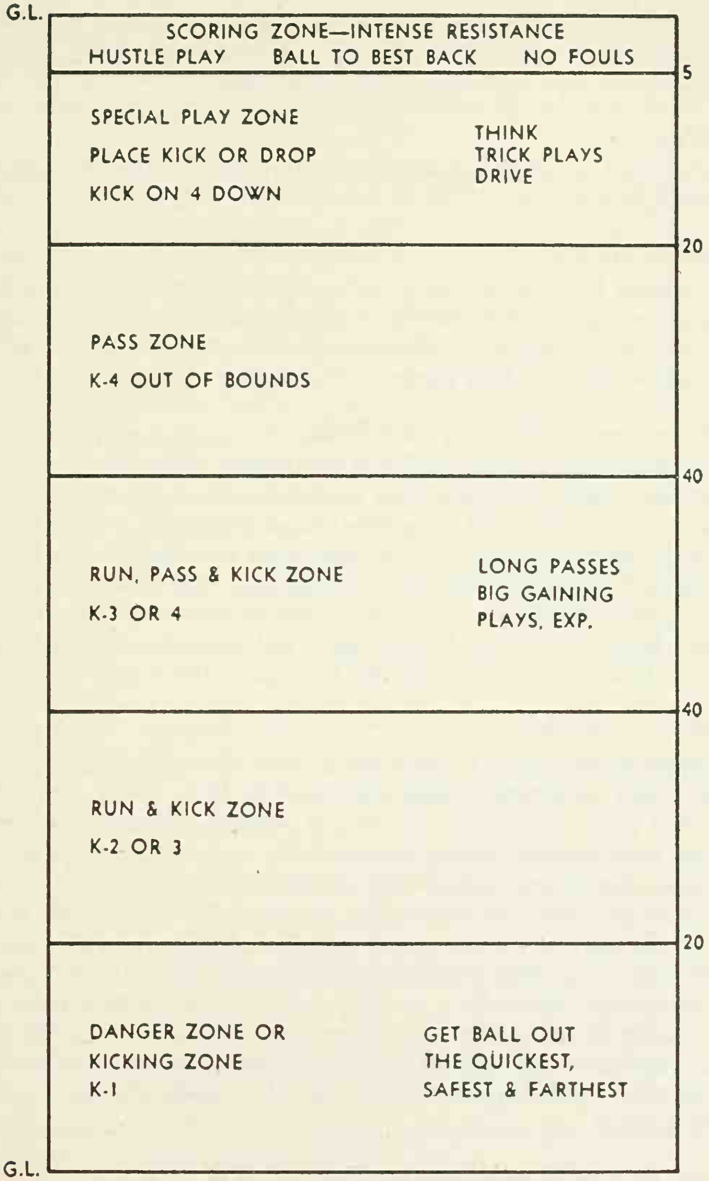

G.L.
SCORING ZONE—INTENSE RESISTANCE
HUSTLE PLAY
BALL TO BEST BACK
NO FOULS
5
SPECIAL PLAY ZONE
PLACE KICK OR DROP
KICK ON 4 DOWN
THINK
TRICK PLAYS
DRIVE
20
PASS ZONE
K-4 OUT OF BOUNDS
40
RUN, PASS & KICK ZONE
K-3 OR 4
LONG PASSES
BIG GAINING
PLAYS, EXP.
40
RUN & KICK ZONE
K-2 OR 3
20
DANGER ZONE OR
KICKING ZONE
K-1
GET BALL OUT
THE QUICKEST,
SAFEST & FARTHEST
G.L.

FIG. 114. *Map of Field*

When to Speed Play

Speed up the play in the scoring zone, and when you have the wind with you. Slow the play when the wind is against you, when playing for time, when your team is ahead.

Take a Chance

When behind, open up with special plays and passes. You have nothing to lose and everything to gain. If convinced the game is an even break, gamble near the end of the halves. If you fail to score by rushing the first down, *gamble* for a score the next time with your best pass or special play.

Special Plays

In *scoring zone* use special scoring plays given to you. Use plays that are not likely to lose ground.

Opponents Injured

If an opposing line man is groggy, shoot a play at him. If a back is limping, a forward pass into his territory should be productive of results. Many a game has been won or lost because the coach was unable to recognize from the bench an injured condition of one of his men.

Special Conditions of Weather and Field

In wet weather with a muddy field it is best to kick often and let the opponents do the fumbling. Wide runs, and plays in which the backs have to cut in sharply, may be out of the question. The quarterback must encourage his backs to hold onto the ball with both hands. Kick, almost invariably, on third down, preferably on first or second. If you have a man who can pass a wet ball, passes are very effective on wet days. In very windy, or very cold weather, much the same tactics should be followed being sure always to speed play and use the kicking game *with* the wind, and to slow play and hold onto the ball *against* the wind.

The Element of Surprise

The element of surprise is as important in football as in warfare. Catching the enemy in a state of unpreparedness prevents him from taking effective counter measures, and often compensates for lack of strength. However, the quarterback must not get the impression that he should select every play with the idea of fooling the opponents. For instance, he should not use an end run on the first down on the opponent's one yard line because the chance of losing five yards is too great a chance to take for the amount of gain involved. Similarly, he should not throw a pass from behind his own goal line in the latter part of the game with the score six to nothing in his favor. It is not by such radical violation of every rule that surprise is obtained, but by adhering in large part to conservative methods of play, carefully planning and building for a situation where a radical departure from such tactics will yield a rich harvest of yards. In other words, you must set the trap before you spring it.

Break Any Rule of Generalship in Order to Win

Rules are not made to hamper quarterbacks, but to help them. If necessary to break one, do so, and none will question the success you so achieve. But a word of caution is in order here. The rules of generalship are not often broken with impunity, so you must take care that you are not the sufferer thereby.

When Not to Pass

As a general thing, *do not pass* when your opponent is looking for a pass. The odds against the success are tremendously increased when the situation is one that obviously cries for a forward pass, such for instance, as their forty yard line, third down and ten to gain. Conversely, the pass is usually successful if sprung as part of the regular attack in situations seemingly unorthodox for a pass. Some examples of characteristic *surprise* pass situations follow:

(1) First down, opponent's forty yard line, following two first downs by line plunging.

(2) First down, middle of the field, just recovered opponent's fumble.

(3) First down, your forty yard line, just following a twenty yard run by one of your own backs.

(4) First down, opponent's twenty yard line, you have the ball by recovering a fumbled punt, or by blocking a kick.

(5) Second down, two yards to gain, your thirty-five yard line.

(6) One of their good men injured and has to be carried off the field.

The pass correctly used is a great method of covering ground quickly. It is also the threat which makes your running plays go. It *may be* the only way you can score against a strong opponent. *When to use a fake pass:* There are *two* objectives of fake forward passes, First, they are aimed usually to fool one opposing player, and he is the man who is *rushing* your passes, or *pulling out of line* to defend against passes. If your fake pass gains ground, you will probably hold him in position, thus making your own passing more effective. Second, you are apt to make a long gain on your fake, if the deceptive and blocking assignments are properly executed. Therefore, use your *fake pass* whenever you have good reason to suppose that your opponents are expecting a *pass* in the usual orthodox pass situations.

Check Plays and Companion Plays

Check plays are plays devised to catch opponents who are concentrating on stopping your strong plays, and consequently are leaving themselves open to effective use of the check plays. Companion plays are those that start exactly alike but end up quite differently. Such plays taken separately may have no great strength in themselves, but where used in combinations get opponents off balance and achieve great success. Both check and companion plays derive much of their effectiveness from the *element of surprise* contained in them, and a full study of the possible combinations should be made with a view to further increasing their surprise value. For instance, if one of your powerful plays is a certain line plunge, a forward pass which starts in exactly the same manner as the plunge should prove very effective. If the pass is used in an obvious *plunge* situation, say third down, one yard to gain, the inherent surprise value of the play is enormously increased. Similar combinations may be worked out by using the *companion* play in cases where the *other* play would normally be expected.

Plays to Opponent's Weaknesses

These may be of several kinds but will be considered here as those that are found during the game. *The important thing is to be able to recognize these immediately,* or at least before it is too late. Example of such weaknesses are:

(1) Line shifting too far, leaving short side vulnerable.

(2) Line not shifting far enough.

(3) Leaving gaps in the line, particularly between tackle and end or tackle and guard.

(4) Fumbling punts.

(5) Forward pass defense.

(6) Punter slow, and insufficient protection given him.

(7) A one man weakness, such as an end or tackle, or a back who cannot defend against passes.

The quarterback must be continually on the lookout for his opponent's weaknesses, and his teammates should aid him all they can by telling him during time out periods of weaknesses which they have observed. In particular, he must watch the linebackers and the tackles; he should also watch for overshifting, undershifting, or unprotected gaps in the opposing line.

Additional Points

Importance of the thirty yard strip between your twenty yard line and the middle of the field. Inside your twenty yard line you should kick on the first or second down because your back is to the wall. *Having reached the fifty yard line* you can kick the ball over your opponent's goal line and put *his* back to the wall. Therefore the struggle between two equal teams is apt to resolve itself into a battle for those thirty yards. The thing to avoid is using up your close attack in battering your way across those yards of neutral territory; this results in wearing yourself out, and giving your opponents the chance to diagnose your plays. Remember that whatever your temptation may be to start out for a long march from your twenty yard line, you must stifle it, because you *cannot do it against your equals.*

Play to Get Ahead

If *ahead* 7 points, play carefully, force mistakes; if ahead 6 points take a chance when it looks good; if ahead 12 to 14 points, drive for another touchdown. If *behind* 1, 2, 3, 6 or 7 points, do not get in a hurry to take long chances; if behind 12 points or more, take chances, gamble! The thing to do in this situation is to keep trying to slip a runner loose for a long run, using simple plays (usually from punt formation). After you arrive at, or past, the middle of the field, a successful pass will put you in position to speed your close attack to a score, giving your opponents no chance to rest or recover. If stopped here (the middle of the field), kick to the corners, or high and short, in front of the goal posts. Even if the ball goes over the goal line, you still have the opponent where you were a moment ago, i.e., on his own twenty yard line, where a kick from him will not carry much past the center of the field, and you can begin your assault on his defenses all over again. On the other hand, if you are fortunate enough to kick the ball out of bounds on his five yard line, or trap him inside the ten yard line, you have placed him in a most critical situation. *You can now bend every effort to block his kick.* Failing in this, all short kicks should be fair caught, with a view to trying a field goal, if conditions are favorable. The important thing is to remember *not* to use your big guns crossing neutral territory, but to keep striving to shake a runner free for a long run

When in Doubt, Punt

This is a safe rule to follow in kicking territory. (See Fig. 114.) Do *not* try to make first down when you have fourth down, one foot to go, at any point outside the opponent's forty yard line. Kick the ball forward. They can only kick back to you and you can begin again. This rule may be modified when you are behind in the latter part of the game, or even at any time when playing an opponent who is strong offensively and weak defensively.

With Relation to the Kicking Game

If your punts are being rushed, find out who is doing the rushing. *Shoot a play at him from punt formation.* You should reap a sizable gain, and this will deter him from committing himself so quickly toward the kicker's foot. *Do not call on the kicker to carry the ball on the play prior to a punt.* A hard tackle here may shake him up so that he will bungle the punt. Ends may be unable to run forty yards for a pass, and then cover a punt in proper style on the next play. Of course this rule is a general one, and may have to be violated, but the warning is a good one to heed in ordinary cases.

If the opponents put eight or nine men on the line to block a punt when you are punting from near your goal line, move your ends in close to your tackles, and have them bump opposite tackles before going down to cover the kick. If the opponents take up any other unusual distribution to block one of your kicks, *rearrange your defense for the kicker* in order to meet their dispositions.

Interchange Backs

Know the individual characteristics of your men thoroughly, especially your backs, and use them wisely in the plays they are especially fitted to execute. This may apply with equal force to running, plunging, passing and receiving, kicking or interfering. Do not work a good man to death. If a certain back is playing well, get full value out of him; but give him enough rest so that he can get results when called upon. In particular, *save your line plunger for the necessary short gains.* When you have to use him, use him up, but remember that switching to another play with another back doing the ball carrying will increase your fullback's effectiveness against strong opposition.

How the Score Affects the Choice of Plays

(a) Do not punt on first down when you are behind (general rule).

(b) Do not save your passing game until you are behind; it will not work then.

(c) When six or more points behind, you want a touchdown. Gamble for it with pass, fake pass, special plays or other long gainers.

(d) When three or less points behind, you may want a field goal.

(e) When you are ahead, use your passing game sparingly as one may be intercepted for a touchdown.

(f) If ahead in last minutes of the game, play all kicks absolutely safe.

Fake Forward Pass at Opponent Rushing Pass (Or Pulling Out of the Line to Help Out the Backfield)

If you use fake passes on obvious passing downs (or at any time you think wise) you may be able to deter your opponents from rushing your passes. Such plays are gambles for a long gain, and you should not be discouraged if you lose ground at times. They serve to keep your opponents guessing and so are an aid to your entire rushing attack, *especially your passes.*

Fake Field Goal

Such fakes which apparently are field goals but end up as a pass or run are in the repertory of most quarterbacks. Obviously they must be used in normal field goal situations, otherwise they do not fool anyone. Generally, if you have a dependable kicker you should try for goal if stopped on your first down and should use *fake* kick on the *second* time down. When on defense, your team should be alert to this general method of procedure.

Find Out Which Defensive Player Is Stopping Your Play

This may suggest another play to you. For example, a tackle playing wide can stop a play *outside* his position, but may be helpless on one *inside*. Then, too, you may be able to put another man on a dangerous defensive player. For example, on an off-tackle play, a defender may be knifing through the line. He can be stopped by leaving one of the pulling linemen in the line to block him. A linebacker may be coming in so fast that he will leave himself open for passes or delayed bucks.

Think Ahead

This is in line with the previous paragraph. It consists in laying the trap for your companion plays, and also comprises the visualization of probable plays, should the ones fail that you are in the act of trying. Figure out in advance what down you are prepared to kick on, but keep your mind open for readjustment in case you have unexpected success or failure in your plays.

Recognizing Unexpected Strength or Weakness

Despite the most careful observation your information as to the probable strength and weakness of your opponent is apt to be in error. Unexpected weaknesses may develop, and the important thing is to *keep your mind open so as to be able to recognize these immediately*. On the other hand the opponents may not be weak on those points reported, and it is important to discover these at once.

Psychological Plays Early in Game

It is well to use special plays, early in the game, on opponents known to be high strung and nervous. Also against any opponents, it is well to use early those plays which are devised to prevent opponents from taking up defensive distributions which are designed to nullify your strongest plays. The early use of short side plays, special check plays, and lateral pass plays are bound to have (if successful) a strong psychological effect upon opponents who think they have your attack diagnosed and stopped by special defensive distribution.

Short Kick-Off

If, near the end of the game, you score and are still on the short end, your opponents will undoubtedly elect to receive, hoping to kill time, until the final whistle, thus depriving you of the opportunity to obtain the ball. Therefore, you should try a *short kick-off*. If you recover it, you at least have a chance to score before the game ends; if you fail to recover it, you have lost little by the gamble. Similarly, if you are on defense in this situation, you must anticipate the possibility of the short kick-off and caution your team to fall on the ball.

Generalship of the Downs

If on the first down, you make six yards, it is easy to gain the other four in the next three downs. Therefore, in general, plays on first down should be selected which will yield five yards, or over, if successful. This usually means plays just outside or inside tackle, split bucks, or end runs. If you fail to gain as much as five yards on the first down, you should use plays on second or third down that will gain well, if at all. Such plays might be end runs, off-tackle plays, passes or fakes, delayed bucks, or lateral passes. Also use a back who usually makes a good gain if he goes at all. However, *mix up your attack.* Do not get the habit of using your downs in such a methodical manner that your opponents are able to guess your plays. Remember that "fixed methods of procedure enable the enemy to estimate the character and object of an operation." Do not figure on making ten yards consistently on four line bucks, as it cannot be done *consistently* against good teams. As a matter of fact, experience and a careful examination of the play by play accounts of important games has proven that you are *not likely to score on your equals without the use of the forward pass.* In isolated instances you may do so, but as a general thing, you will find it is either the pass that scores outright, or else a successful pass plays an important part in the advance that put you in position to score.

The Three Types of Quarterbacks

The Quarterback Who Makes Positive Mistakes

When a quarterback disregards entirely the basic principles of generalship, he makes critical errors of which his opponents hasten to take immediate advantage. He destoys the morale and spirit of the team, and the game usually ends in a disgraceful defeat, of which he is the chief cause.

The Quarterback Who Works to Avoid Mistakes

If on the other hand, he sticks to the common sense rules, tending always to the conservative, he makes no critical mistakes, and even if he is not a brilliant strategist he is at least dependable, and such generalship is bound to win in the long run.

The Quarterback Who Directs the Team to Maximum Results (Clear Thinking and Study Are Necessary If One Is to Get Into This Category)

In the main this quarterback follows a cooly conservative plan, sounding out his opponent's weak spots, verifying previous information, getting the full value of his kicking game, and striving to shake a runner free, yet not showing his full hand until he gets an opportunity to score. Like a master boxer, he spars cooly for the opening, feinting here, thrusting there, saving his best punches for the proper moment. While he is following this methodical plan, he and his team are watching hawklike for a break. If one comes their way, they snap into it hammer and tongs for a score. If they do not get an unexpected break early in the game, they will make one before long, but meanwhile the quarterback is laying the basis for his surprise plays. The opponents are being brought to the point where they think they have the quarterback figured out. The trap is now set, and when he switches sharply at the decisive moment, every condition is favorable to success. Thus brilliant strategy, though depending upon the element of surprise as its essential feature, must rest upon and rise above the broad base of the generalship which makes no critical mistakes.

HINTS TO THE QUARTERBACK

(1) Know and study your attack.

(2) It is essential that you present to the team, at all times, a confident attitude.

(3) Allow no talking in the huddle. Get the team together in time out periods and discuss the opponents' weaknesses.

(4) During the game, always know: (a) Position of the ball on the field; (b) Down and distance to gain; (c) Number of minutes left to play; (d) Score; and (e) Defensive scheme of the opponents.

(5) Determine why a pass fails. Even though a pass be incomplete, it serves to keep the defensive backs in position.

(6) In a pinch, use your best play or call on your best back.

(7) Get that second touchdown.

(8) Play a small opponent with the same intensity as one of major opposition.

(9) Do not insist upon using plays that do not work.

(10) Do not call for a line plunge on third down with eighteen yards to go.

(11) Organize against an opponent who is continually breaking through.

(12) Do not use a forward pass on the third down before trying for a field goal, if three points will win. It gives the opponents a chance to intercept.

(13) When a passer is not throwing accurately, try someone else. You cannot lose anything.

(14) Always check your kicker to see that he has proper distance from the line of scrimmage. It is never less than nine yards. It is particularly important when the kicker is standing in the end zone, as he will have a tendency to close up.

(15) Check the protection of the kicker; that is, spacing and position of the backs.

(16) Always check the kick defense of opponents to see if extra men are in a position to come through in an effort to block the kick.

(17) Talk with your kicker once in a while during the game, especially when you wish the ball placed out of bounds. He is taught to do this during practice sessions, but your word of caution might help him.

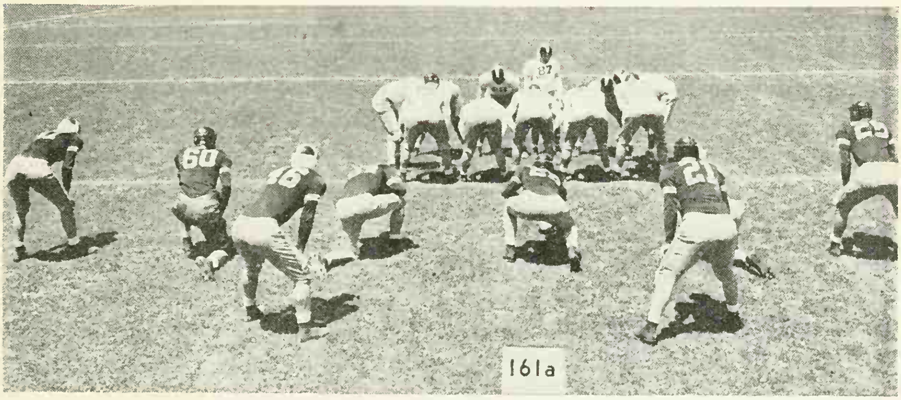
(18) You should be ever alert to check actual wind conditions of the field.

(19) *Quick Kick.*
  (a) Go against close safety.
  (b) Strong favorable wind is helpful.
  (c) Do not use against a strong wind.
  (d) A good threat if nothing else, as it causes the safety to deepen—weakening the pass defense of the opponents.
  (e) The major quick kick zone is from your 15 yard line to your 40 yard line.

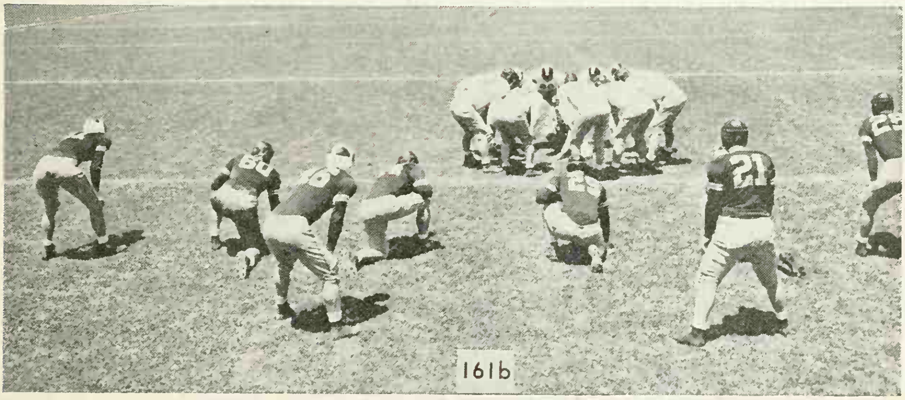
CHAPTER XVI

Signal Systems

The two most popular methods of conveying signals are the huddle and calling from a set formation position. The offensive huddle is perhaps the most popular today because it simplifies the signal system. Grouped five to eight yards back of the ball to prevent the opposition from listening in, it is an easy matter to give a word or number signal which immediately gives the entire team a clear picture of the play.

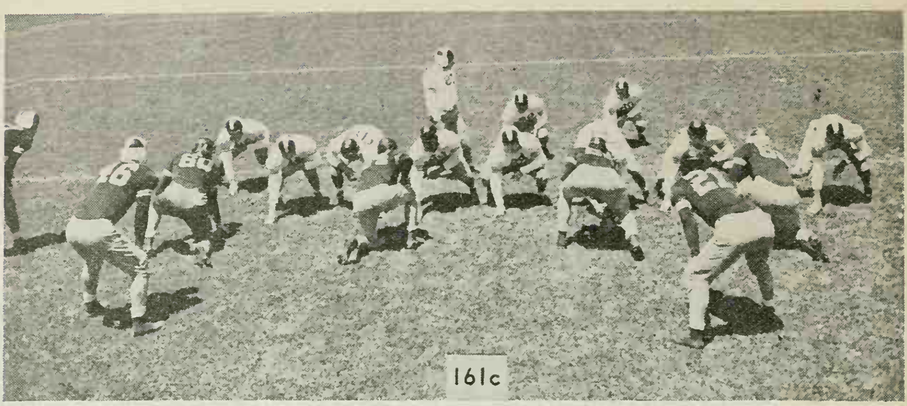


(a) *Rectangular huddle*



(b) *Circular huddle*

PLATE 161. CALLING SIGNALS


161c

(c) *Formation position*

Plate 161. Calling Signals

Offensive Signals

In the *huddle* the quarterback can readily interchange players, check assignments, and make other adjustments to meet various defensive set-ups, without notice to the opposition. The huddle also does away with signal confusion resulting from the noise in a large or crowded stadium. The disadvantages of the huddle are: Too many players wish to give the quarterback information; a team uses quite a bit of energy travelling from the huddle to the line of scrimmage (especially on hot days) it prevents the quarterback from looking over and detecting weaknesses in the defensive set-up. However many teams combine the two methods by using a check signal after assuming their formation position. Thus the quarterback calling a number or a series of numbers, can change the play to take advantage of a weakness or to stay away from strength if an unexpected disposition of players is encountered.

Calling signals from *formation position* affords the quarterback an opportunity to examine carefully the defenses of the opposition and detect weaknesses and strength therein. In this method the quarterback has no one to bother him while calling the signal. On the other hand this method is subjected to the noise of the crowd which causes confusion among players at critical times. Too, the opposition may detect play numbers and the snap number. Many times the team will be held in a *ready position* so long that the players become tense, a poorly executed play resulting.

Plays may be called *in the huddle* by word, such as "off tackle," "line buck," "naked reverse," et cetera; by numbers such as 45, 48, 321, 342, and so on; or by numbers and letters such as 48x, 35y, and like combinations. The snap number is usually indicated by a number, word ("hep" or "hike") or phrase such as "Let's go." The ball receiver can be designated by position such as "21 to the left end" meaning that pass play Number 21 will be thrown to the left end. He can also be designated by position number as for example, "42" which would indicate that the ball is to be received by the No. 4 back and the play is to strike the No. 2 point of attack.

The signal system should be simple and easily grasped by all players. A simple set of signals will allow the quarterback to call them out without hesitation and will allow other players more time to concentrate on the defense presented by the opponents. In devising a signal system there are two general methods used to designate points of attack. Until recent years the most popular idea, and one still much in use, is the numbering of *defensive holes*. Due to shifting and changing defenses much confusion in assignments arises among players, because as the defense shifts and changes so do the defensive holes slide and change. For example,

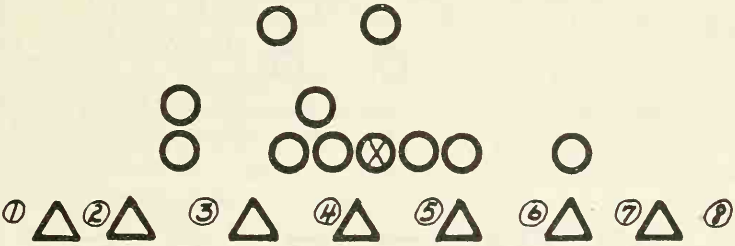


FIG. 115. *7-man line, 8 defensive holes or points of attack.*

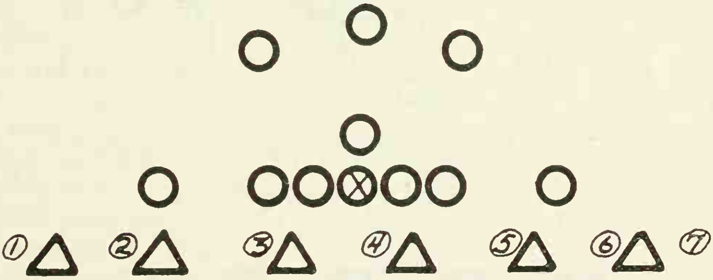


FIG. 116. *6-man line, 7 defensive holes or points of attack.*

in a seven man line there are *eight* defensive holes to attack; in a six man line there are *seven* and in a five man line there are *six* of them. Thus it can readily be seen that players could easily be confused as to the point of attack. Some teams learn assignments for all of the so-called standard defenses, but this is too much of a burden for any team to carry.

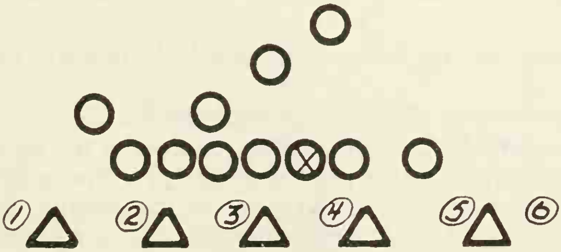


FIG. 117. *5-man line, 6 defensive holes or points of attack.*

A second method is to number the *offensive holes* thus keeping the points of attack a constant factor. In this method it does not make any difference whether

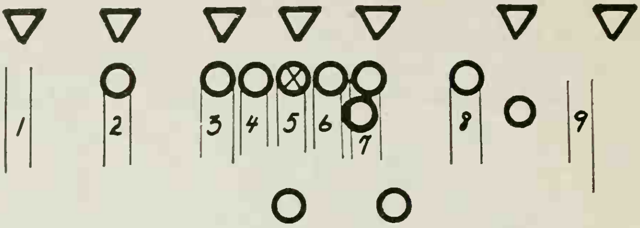


FIG. 118. *7-man line, 9 offensive holes or points of attack.*

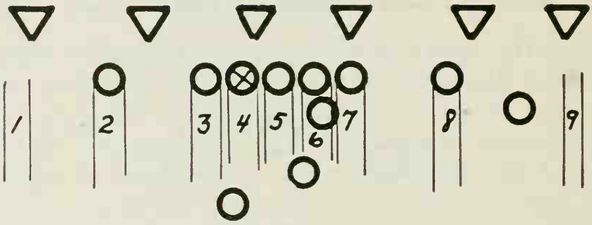


FIG. 119 *6-man line, 9 offensive holes or points of attack.*

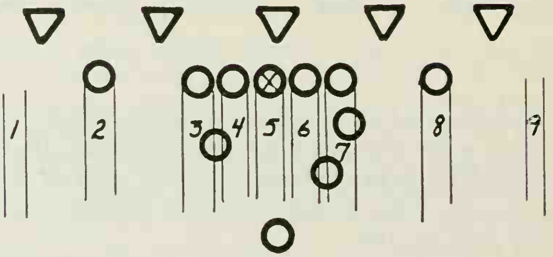


FIG. 120. *5-man line, 9 offensive holes or points of attack.*

a five, six or seven man line defense is employed; the play will strike an unchanging point.

The coach can select any numbering system he desires. For example, the offensive holes could be numbered from left to right, considering the point outside of the left offensive end as No. 1, the point over the left offensive end as No. 2, the left offensive tackle as No. 3, and so on across the line. Another idea of numbering would be to give the offensive men on the left, odd numbers and those on the right even numbers. For example the hole outside of the left offensive end would be No. 1, the left offensive end No. 3, the left tackle No. 5, the left guard No.

7, center No. 0, right guard No. 8, right tackle No. 6, right end No. 4 and the hole outside the right offensive end No. 2. Thus in practically all offensive formations there would be nine points of attack regardless of the defense.

In the *offensive* numbering system certain principles must be set forth to govern blocking assignments. One set of rules applying to this system may be (a) Players on the line of scrimmage block to the inside unless the defensive lineman to be blocked is outflanked by the blocker's teammate, in which case the player would block through into the secondary on the first defender to the inside; (b) Linemen who pull out as interferers or backs, block to the outside at the offensive hole; (c) Other players who do not have an assignment at the point of attack block through into the secondary. To apply these principles to play No. 46 would mean that the No. 4 man (the left halfback) would carry the ball through No. 6 hole (the right tackle). From the single wing, balanced line formation, the execution is as follows: The play is going to strike over the No. 6 man who in this case is the right tackle, therefore the right tackle (No. 6 man) blocks the first defender positioned to his inside, no matter what position he plays. The right end (No. 4 man) is near the point of attack but because his teammate, No. 6, outflanks the defender at the hole, the end will block through into secondary on the first man to his inside. The blocking back (No. 2 man) blocks the first man to the outside at the hole and the pulling guard (No. 7 man) leads through and blocks outside on the first man. The wingback (No. 1 man) blocks the first man to his outside and the fullback (No. 3 man) in blocking to the outside would *find* his block in the secondary. The right guard (No. 8 man) of course is near the point of attack and his teammate (No. 6 man) outflanks the defender, but he should block on the line before breaking through into secondary. The left end, (No. 3 man) blocks into secondary and the left tackle (No. 5 man) and center (No. 0 man) block away from the point of attack. The ball carrier (No. 4 man) of course starts out and then cuts up through the No. 6 hole.

If the No. 6 man found the defender positioned directly in front of him or slightly on his outside he would block on that man with the No. 4 man also blocking in on him; the blocking back would block the first man to his outside as would the wingback and fullback. The left guard would pull, lead through and block the linebacker. The left end would block away from the point of attack. Thus the point of attack remains the same, instead of moving in or out because of the change in defense.

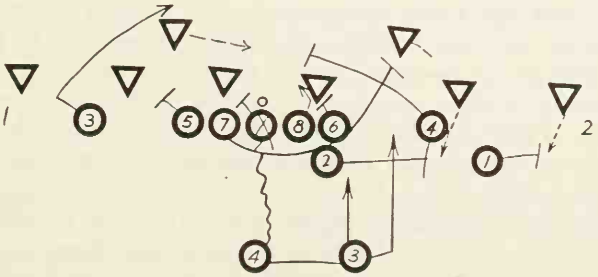


FIG. 121

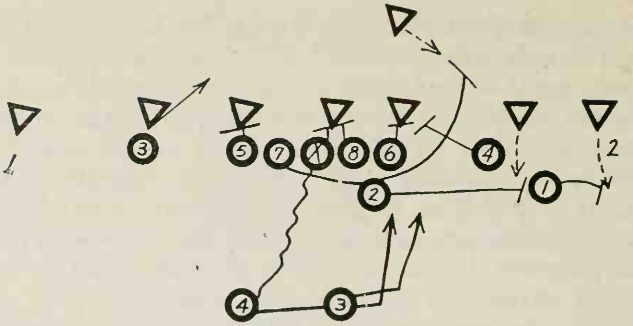


FIG. 122

The Signal Plan from the Huddle

Assuming the offensive points of attack are numbered consecutively from left to right and the backs are numbered one, two, three and four, the quarterback could give his signal thus: 46 on 4. Such a signal would mean that on a cadence count (1-2-3-4) the center would pass the ball to the No. 4 back and he would attack point No. 6. The players may, or may not, anticipate the calling of "4" for their starting signal.

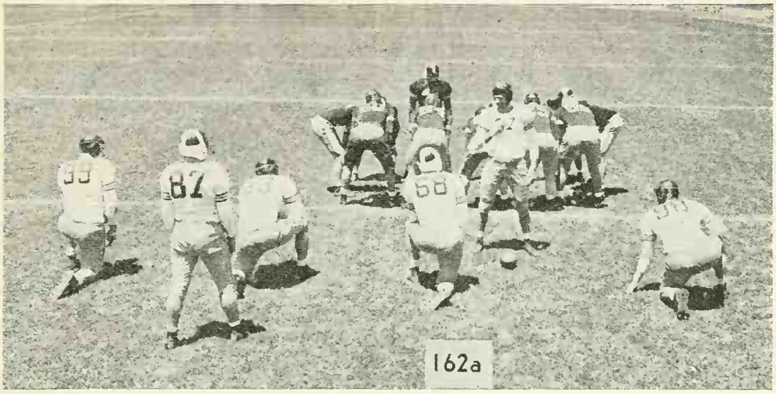
The Signal Plan from Formation Position

Using the above method of numbering the points of attack and the backs the plan could be: The first double digit number called is blank, the second double digit is the play number and then by arbitrarily selecting a number, for instance "5," the ball would be snapped on the first number called after a double digit containing the number five. For example: The quarterback calls: 32-46-55-82; 32 is the preparatory number, 46 the play number and 55 the warning that the starting signal is the next number called. Usually the signal plan is supplemented by word, sign or number *signals among offensive linemen and backs.* In this way they can make further adjustments among themselves to meet changing defenses and better their execution.

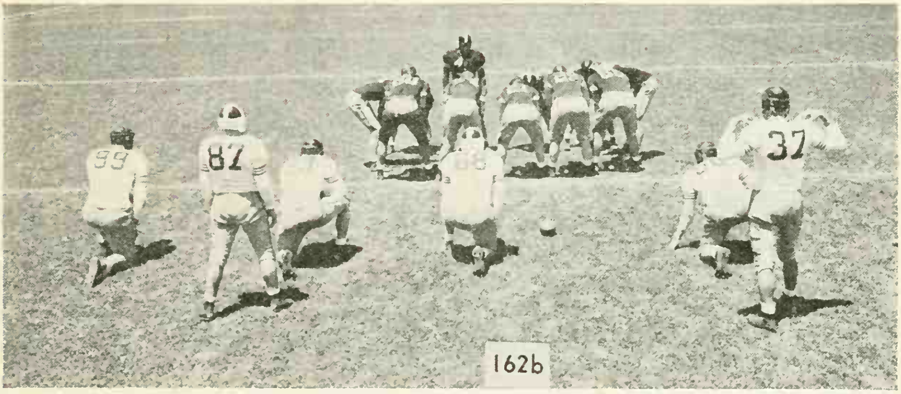
DEFENSIVE SIGNALS

Defensive signals are a necessity in the modern scheme of changing the defense and its various parts. Such signals are employed to indicate the type of defense which is thought best to meet the situation (run, kick or pass). Other signals indicate individual and group maneuvers such as rushing the kicker, returning the punt, rushing the passer, additional defense against the forward pass and cooperative defensive movements between end, tackle and linebacker. Defensive signals are usually called by a linebacker from his position or by use of a huddle. The linebacker is generally the defensive signal caller because he is in the best position to observe the offensive formation and its operation. The signals may be called by word, number or sign.

One plan of calling defensive signals *from position* is to select one defense as a basic operating defense and then by a finger sign change the basic defense to other desired alignments. For example, if the five man line is selected as a basic defense, the linebacker standing on the line of scrimmage facing his teammates,



(a) *Finger signals—Note player standing over ball facing teammates and using finger signals.*



(b) *Arm signals—Note player #37 using hand on shoulders as a signal to defensive backs; lineman can be given signals by calling out a series of numbers.*

Plate 162. Defensive Signals

hands on chest, could indicate with one finger, two fingers or three fingers the change in defense desired—One Finger meaning: Add one man to the five man line, making it a six man line, et cetera. This manner of signalling could be supplemented by indicating with the other hand an overshift or undershift. Another idea is to have the signal caller call out a series of numbers which would indicate the type of defense to be used. Still another idea is to use signs, but keep the linebacker facing the offensive team. Such signs as hands on hips, hands on shoulders, hands on headgear could indicate the defense.

If the *huddle* is used, simplicity again is the keynote. By use of the huddle it is possible to have many more defensive signals and perhaps have them more clearly understood, but the defensive players must be alert to the fact that even though the offensive team uses a huddle they can run a series play, thereby catching them in their defensive huddle. Obviously it is impossible to use a defensive huddle when the offensive team calls their signals from formation position.

Offensive signal callers must try for uniformity in cadence and they should work with individual groups to perfect timing. If the method of calling signals from *formation position* is used, the quarterback must have a great deal of practice calling his signals against various changing defenses. This type of practice will thoroughly acquaint him with the positions of players in the standard defenses and enable him to recognize weakness and strength. He should be able to spot a weakness and strike it immediately or be able to check one play and call another if that particular weakness has been fortified during his process of calling the play. Thus a play striking immediately after the quarterback begins calling signals, or one striking after a long series of numbers has been called, affords an excellent change of pace in getting the play started. This tends to hold the defense in position and keep it in suspense as to the starting time of the play.

Glossary

Ankle Locked—Full extension (or full contraction) of the ankle joint.

Attack (running, passing, kicking)—To make an onset with running, passing or kicking.

Balanced Line—An offensive arrangement with three linemen on each side of the center.

Ball—In Play: By kick-off, scrimmage or free kick and remains in play until under specific provisions of the rules it becomes dead.

Dead: Ball that has ceased to be in play.

Free: Ball which is in play but not in the possession and control of any player.

Fumbled: When a player in possession and control of the ball in play loses such possession and control other than by passing or kicking it.

Muffed: Unsuccessful attempt by a player to gain possession and control of a loose or free ball in which attempt he actually touches the ball.

Ball Hawks—Refers to players who are extremely alert in following the ball.

Blind Passing—Act of the center passing the ball to a back without watching the course of the ball.

Blocking—The obstruction of an opponent by a player bringing his body into contact with a player of the opposing team.

Bootleg Plays (keep it, fake and false reverse)—Plays in which the ball carrier fakes giving the ball to a teammate then conceals the ball on his hip and runs in the direction from which his teammate started.

Broken Field Running (open field running)—A term applied to ball carriers who elude defenders in the open field.

Bucking the Line—The act of a ball carrier who quickly thrusts himself into the line of scrimmage (usually the fullback).

Also: Line Buck—Line Plunge.

Bullneck—Setting the neck muscles.

Cadence—The rhythm or count used in a signal system.

Caught in (sucked, pulled, drawn in)—Position of a player who has been faked or blocked to the inside when his assignment has been outside responsibility.

Chugging (delaying, checking)—An offensive or defensive maneuver in which one player momentarily checks or stops the forward progress of the opponent.

Clubbing the Arms—The act of using the arms as clubs to collapse the legs of the ball carrier.

Coil in Legs—The act of flexing the knees, which gives the player a springing action in his legs.

Core of Offense (heart)—The middle of the offense; usually determined by the position of the fullback.

Cover—To guard an individual or a zone in defense or pass defense.

Cover the Ball—The act of a ball carrier, when falling to the ground, of placing his free hand on the ball. Also the act of concealing the ball.

Crossing Ends—In which the offensive ends cross paths.

Declaration—A movement in any direction by a player which indicates his course or direction.

Defense—The act of preventing the advancement of the ball.

Digging Steps—Short, choppy steps used in starting which aid a player in maintaining body control and which give a player added power.

Drop Kick—A drop kick is made by dropping the ball to the ground and kicking it as it rises.

Dropping the Ball—Act of releasing the ball from the hands of the kicker as distinguished from fumbling.

"Ends Across" (switch)—A call used by a defensive back in warning the other backs that the offensive ends are crossing.

Explosive Charge (booming)—Term used to describe a charge by an offensive or defensive lineman.

Fade—To gradually move backward or laterally.

Fair Catch—Made on kick-off, free kick, return kick, or when the ball has been kicked beyond the line of scrimmage, and any player of the team which did not kick it who has signalled his intention of making a fair catch by raising one hand only, clearly above his head, catches the ball before it touches the ground, and does not take more than two steps after making the catch.

Fake Kick—After executing a kicking motion, the act of running with or passing the ball instead of kicking it.

Fan Out—Act of players running downfield in a fan shaped formation, to cover a punt, to receive a pass or to protect against pass interception.

Field Goal—Made by kicking the ball from the field of play over the cross bar or directly over one of the goal posts of the opponents' goal by either a drop-kick or a place-kick other than a kick-off.

Fight the Ball—A term applied in handling the ball which indicates the player's hands are not relaxed or loose.

Fixing the Ball—Adjusting the ball in the hands immediately before throwing the forward pass, or kicking the ball.

Flanking Position—Any position which places one player outside of another player.

Flat Zone—That area on each extremity of the line of scrimmage, and extending approximately five yards deep into defensive territory.

Flooding a Zone—A term used in the passing attack which refers to several receivers running into the same area.

Follow Through—Act of completing a technique.

Formation—An arrangement and alignment of eleven players either on offense or on defense.

Forward Pass—To hand or pass the ball toward the opponents' goal line.

Foul—Any violation of a rule.

Free Kick—One where each team is restrained by rule from advancing beyond a certain line before the ball is put in play and includes the kick-off, free kick after fair catch, and free kick after safety.

Front Back (inside, up, blocking back)—The offensive backfield player in closest proximity to the offensive center and relatively close to the offensive line.

Give with the Ball—To receive the ball with hands and arms relaxed.

Head Darting (faking, rolling, ducking)—A quick movement of the head used in order to fake another player out of position; or to avoid the hands of a defensive player in order to secure blocking position.

Hemmed in—A position of a ball carrier when restrained by defensive players or by a combination of defensive players and side line.

Holes—Points of attack.

Hooking Action—A legal use of the legs or arms in executing a block or tackle.

Huddle—When two or more of the players of the team in possession of the ball, instead of taking their normal positions and preparing to put the ball in play, group themselves together for the purpose of getting the signal for the next play or for any other reason.

Hugging the Ground—A term applied to defensive linemen who assume either a three or a four point stance and attempt to get as low as possible.

Interception—The act of catching a pass thrown by an opponent.

Interference—The legal act of blocking for the ball carrier in order to facilitate the advancement of the ball.

Jab Step—An abrupt, short step.

Kicker—A player who kicks the ball is referred to in the rules as the kicker.

Kicker's Area—The territory in which the kicker executes his kick.

Kicking Game—Referring to entire scope of kicking the ball. Also referred to as a type of game.

Kicking Lane (zone or area)—That area which must be kept free from opponents in order that the kicker may safely execute his kick.

Kick-Off—The method of putting the ball in play at the opening of the first and third periods, and after each try-for-point or goal from the field. It shall consist of a drop-kick or place-kick from any point on the 40 yard line (or some point behind it) of the team making the kick-off.

Knifing Through (slicing)—Act of a defensive player in quickly going between two offensive players—the movement may be aided by the use of the hands.

Lateral Pass—A pass in any direction except toward the opponents' goal line.

Leading the Play—The act of a blocker, or blockers, running slightly ahead of the ball carrier.

Lines—End: Line forming the boundary at the ends of the field.

Goal: Lines established in the field ten yards from and parallel to the end lines.

Hash: Those lines fifteen yards in and parallel to the side lines.

Side: Those lines forming the boundary on the sides of the field.

Linebacker (backer-up)—A player who plays immediately behind the defensive line for the primary purpose of reinforcing the defensive line against a running attack.

Linemen—Those players who play the position of end, guard, tackle, or center.

Line of Scrimmage—An imaginary line or vertical plane parallel to the goal lines and passing through that point of the ball nearest the team's own goal line.

Liquid Catch—Catching the ball with hands and fingers completely relaxed.

Live Bait—Any player who takes the part of a dummy during rough work in practice, such as tackling live bait instead of tackling a dummy.

Live Tackling—Tackling practice conducted against players rather than dummies.

Man-to-Man Defense—A method of pass defense in which each defensive man is responsible for a definite offensive man.

Man in Motion—An offensive player moving obliquely back as the ball is snapped.

No Man's Land (cup, slot)—That territory which must be kept free of opponents during the act of kicking and passing.

Offense—The act of advancing the ball.

Offensive Tip-Offs—Incorrect position or individual peculiarities which indicate the probable point of attack or the method of attack.

Offensive Weapon—Any form of a running, kicking or passing play.

Off Player (removed)—Usually the offensive player furthest away from the point of attack.

Outside or Inside Responsibility—Term referring to a defensive player's specific assignment which is to the outside or inside of his position.

Overshift—To shift the defensive line from normal position to the strength of the offensive formation. Also to shift offensive backfield players from normal position to the strength of the offensive formation.

Passer—A player who makes a forward pass is referred to in the rules as the Passer until the pass has been completed, incompleted, or intercepted.

Plant—To fix one foot firmly on the ground.

Play the Ball.—The act of pass defenders switching their attention from individuals to the ball after the ball has left the passer's hands. Also the act of defensive linemen getting to the ball after fulfilling their primary assignment.

Playing Deep—Term which refers to the distance of the players from the line of scrimmage.

Play Loose—An offensive player, particularly an end, splitting away from a teammate on his inside. Also the play of defensive backs preparatory to some pass plays.

Play Tight—Offensive end playing close to a teammate on his inside. Also the disposition of the defensive linemen.

Posting (set-up)—The act of a blocker using his body as a post to stop the forward progress of a defensive player.

Power Attack—The concentration of running strength at any given point without deception.

Primary Assignment—An assignment given to a player which he must carry out before assuming any other responsibility.

Protection—The act of guarding a specific player or a zone from an opponent.

Pulling out (whipping)—Offensive players who come out of the line to block.

Punt—A punt is made by a player holding or dropping the ball and either he or another player kicking it before it touches the ground.

Quick Kick—A kick executed from a shallow depth behind the offensive line in the least possible time.

Quarterback—The player who directs the offensive attack.

Recoil—The act of bringing the legs back to a flexed position after the initial thrust of the offensive or defensive charge.

Releasing—To break from the offensive line of scrimmage without carrying out another primary assignment.

Removed Player—A defensive player not in, or at, the immediate vicinity of the point of attack.

Runner (ball carrier)—A player who is carrying the ball is referred to in the rules as the runner.

Rushing—The action on the part of the defensive team to get to the man with the ball. Also the act of advancing the ball by running.

Safety—Made when a free ball or a ball legally in possession and control of a player guarding his own goal becomes dead, any part of it being on, above, or behind the goal line, provided the impetus which sent it to or across the goal line came from the team defending that goal.

Safety Man—Player who occupies the last or deepest position in the defensive formation.

Scoring—The value of completed plays.

Touchdown	6 points
Successful Try for Point	1 point
Field Goal	3 points
Safety by Opponents	2 points

Scrimmage—A scrimmage takes place when the holder of the ball places it flat upon the ground, with its long axis at right angles to the line of scrimmage and puts it in play by snapping it back. The scrimmage does not end until the ball is dead.

Seam—Line of junction between two players, with only the feet touching.

Secondary Defense—Those players behind the defensive line.

Shift—It is a shift when:

After the ball is ready for play in scrimmage and players have taken preliminary or final positions, two or more of the players of the team in possession of the ball simultaneously change their positions before the ball is put in play.

Skeleton Set-Up—An arrangement of a few players offensively or defensively in order to develop various techniques.

Snapping the Ball—Passing it backward from its position on the ground with one quick and continuous motion of the hand or hands, the ball actually leaving the hands on this motion.

Solid Wall Blocking—A method of blocking in which the offensive linemen from tackle to tackle, or from end to end, protect to the inside.

Special Plays—Plays designed to take advantage of an opponent's weakness.

Spinner Plays—An offensive maneuver used to deceive opponent; also used to exchange ball between players.

Split Buck—A play in which two players cross paths, one faking to receive the ball from a teammate, the other actually receiving the ball from his teammate.

Splits (gaps)—The distance between players (usually applies to offense).

Split Vision—Peripheral Vision; Seeing a large area without actual fixation of the eyes.

Staggered Position—An offset arrangement of players; or a position of the feet in in which one foot is placed in advance of the other.

Strip the Play (undress)—Act of a defensive player in destroying the interference.

Strong Side—That side of the ball on which the greater number of offensive or defensive men are stationed.

Stunts—A special maneuver by a player, or players, to increase their effectiveness offensively or defensively.

Sweep Play (end run, skirt, wide)—A play in which the player who receives the ball from center attempts to carry the ball around the defensive end.

Tackling—A specialized form of blocking in which a player is permitted to use his hands and arms to stop or throw to the ground an opponent carrying the ball.

Tailback (deep back)—An offensive backfield player usually occupying the position furthest back in the offensive formation.

Three Receivers Deep—Pass receivers attempting to get behind the defensive halfbacks and safety man.

Timing—To regulate in time of movement.

Time Out—Taken while ball is being brought out for a kick-off; during a try-for-point after touchdown; after a touchdown, safety or touchback; after a fair catch has been made; after an incomplete forward pass; when the ball goes out of bounds; or when play for any reason is suspended by the Referee. A team is entitled to three each half.

Touch Back—Made when a free ball or a ball legally in possession of a player guarding his own goal becomes dead, any part of it being on, above, or behind the goal line, provided the impetus which sent it to or across the line was given by an opponent.

Touchdown—Made when the ball legally in possession of a player becomes dead, any part of it being on, above, or behind the opponents' goal line.

Trapping (cross block, mouse, suckering)—Act of inviting a defensive lineman into a certain position in order that he may be blocked and the ball advanced over his position.

Unbalanced Line—An offensive arrangement of players with a majority of the linemen on one side of the center (usually 4 men on one side and 2 on the other).

Uncoiling—To extend the legs from a flexed position.

Undershift—To shift the defensive line from normal position to the weakness of the offensive formation. Also to shift offensive backfield players from normal position to the weak side of the offensive formation.

Warding Off—Act of using the hands and arms to protect the body from blockers.

Warm Up—Preparatory exercise and physical movements calculated to prepare the body's muscles for more vigorous and more exacting exercise.

Waves—Players of the kicking team covering the kick in successive groups.

Weak Side—That side of the ball on which the lesser number of offensive or defensive men are stationed.

Wedge—A wedge shaped formation of interference made by offensive players who do not have specific blocking assignments.

Wide Open Play—Unrestricted use of the offensive attack.

Wingback—Offensively: The player, or players flanking the extremities of their own line.

Defensively: The two players playing the defensive halfback positions.

Zone—Area.

APPENDIX

The Naval Aviation Football Program

The Naval Aviation Football Program

CLASS FOOTBALL INSTRUCTION

OBJECTIVES

The exact techniques involved in the game of football will have very little direct application in actual Naval Aviation combat, but there are certain qualities desirable in an aviator which can be developed through the medium of football. They are:

(1) Aggressiveness (physical and mental)
(2) Physical fitness
(3) Coordination
(4) Alertness
(5) Discipline
(6) Teamwork
(7) Toughness
(8) Quick reactions

The ten drills in football are so arranged as to give the cadets the greatest possible opportunity to develop these qualities.

ORGANIZATION

Every cadet in the regiment is required to participate in class football. Two platoons, consisting of approximately fifty men each, report for ten consecutive forty-minute lessons.

Conditions will vary from place to place and from time to time so it is inadvisable to follow an arbitrary schedule in which every detail is specified. The schedule is progressive and should be used as a guide. The element of competition should be emphasized as much as possible. When giving instructions, making comments, or demonstrating, the instructor should be brief but explicit. It is also advisable that the instructor make pertinent fundamental remarks during the execution of all drills. References in the Lesson Plans are made to coaching methods and techniques described in the main part of the Manual so that the officer may review them prior to the class instruction period.

WARM-UP EXERCISES

It is suggested that a minimum of five minutes and a maximum of ten be devoted to the warm-up exercises immediately preceding football instruction. The general objectives of these exercises are: (a) To prevent injuries; (b) To put the cadets in a receptive frame of mind; (c) To develop, loosen and stretch certain muscle groups.

1. Limbering of the Foot Joint

Raise one leg slightly forward with foot and leg muscles entirely relaxed. Shake the lower leg, whereby the loosely held foot falls into the same motion. It takes continued practice before the joint feels the effect of this exercise.

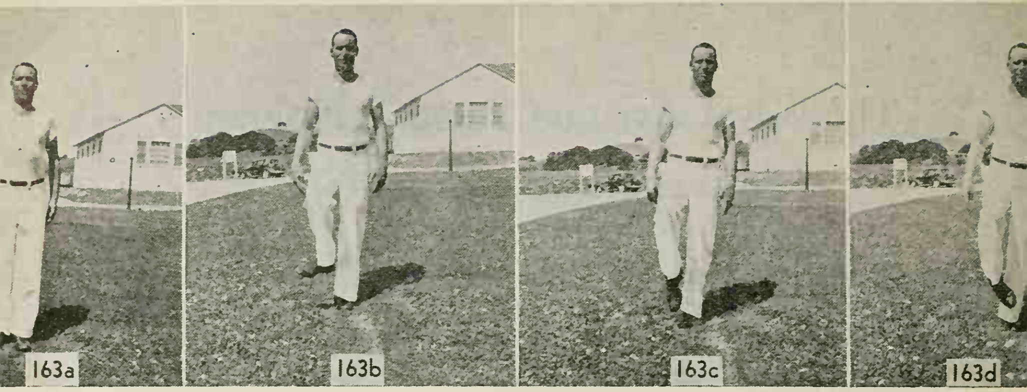


Plate 163. *Limbering the foot joint.*

2. Loosening of the Knee Joint

In the same position as Exercise 1 surround and grasp the thigh with both hands just above the knee, pull in short quick jerks upward and kick downward again, whereby the loosely held lower leg swings alternately forward and backward like a pendulum. Keep after this one and notice the mobility of the knee joint.

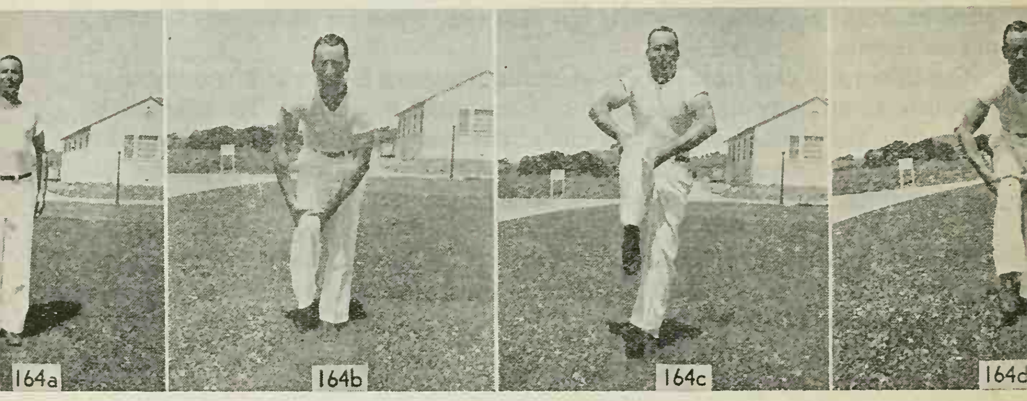


Plate 164. *Loosening the knee joint.*

3. Loosening of the Hip Joint

Stand on one foot, raise to tiptoes, steady yourself against a chair or wall, fling the loosely hanging leg, with muscles entirely relaxed, vigorously forward and backward. After a little practice you will find you need no support.

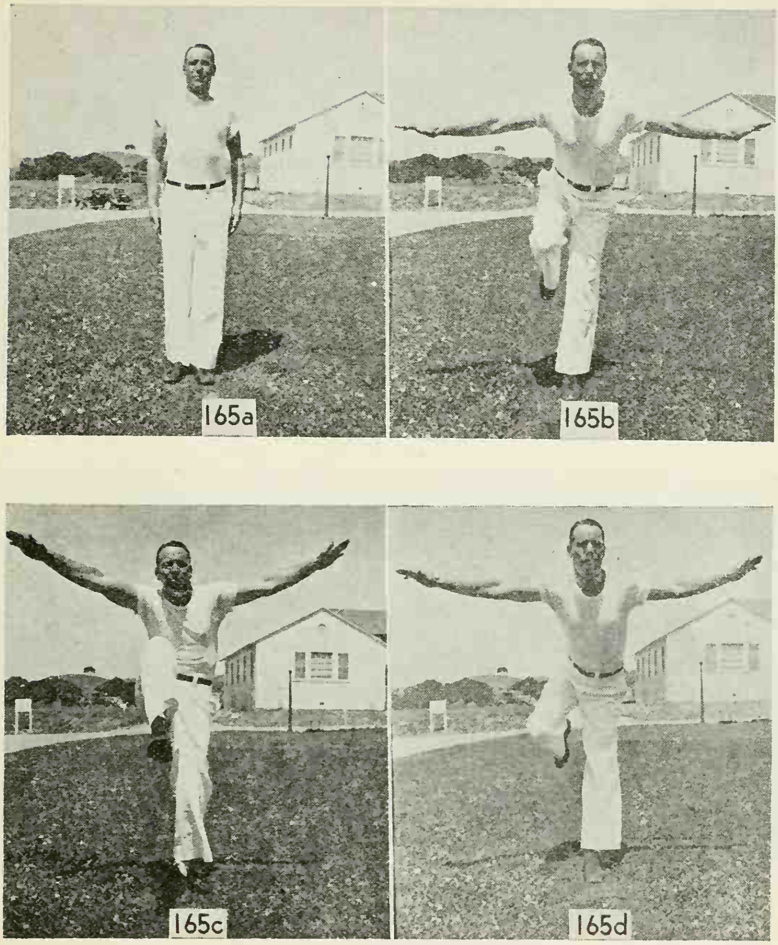


PLATE 165. *Loosening the hip joint.*

4. *Loosening of the Shoulder Joint*

Stand erect, feet spread about fourteen inches. *Relax,* arms hanging in front of body. Start arms to the right and swing in an arc over the head and down on the left side, a complete circle. While the arms are in motion, let knees bend slightly. Start motion slowly then speed up. Reverse the motion letting arms swing to the left for the same period of time. Take a deep breath. Let the right arm swing to the right rear, reaching as far back as possible. Start it out across the body and up over the left shoulder, stretch it as though you were reaching for something; then back to the right rear again. Reverse the movement getting the same movement from the left side for the same period.

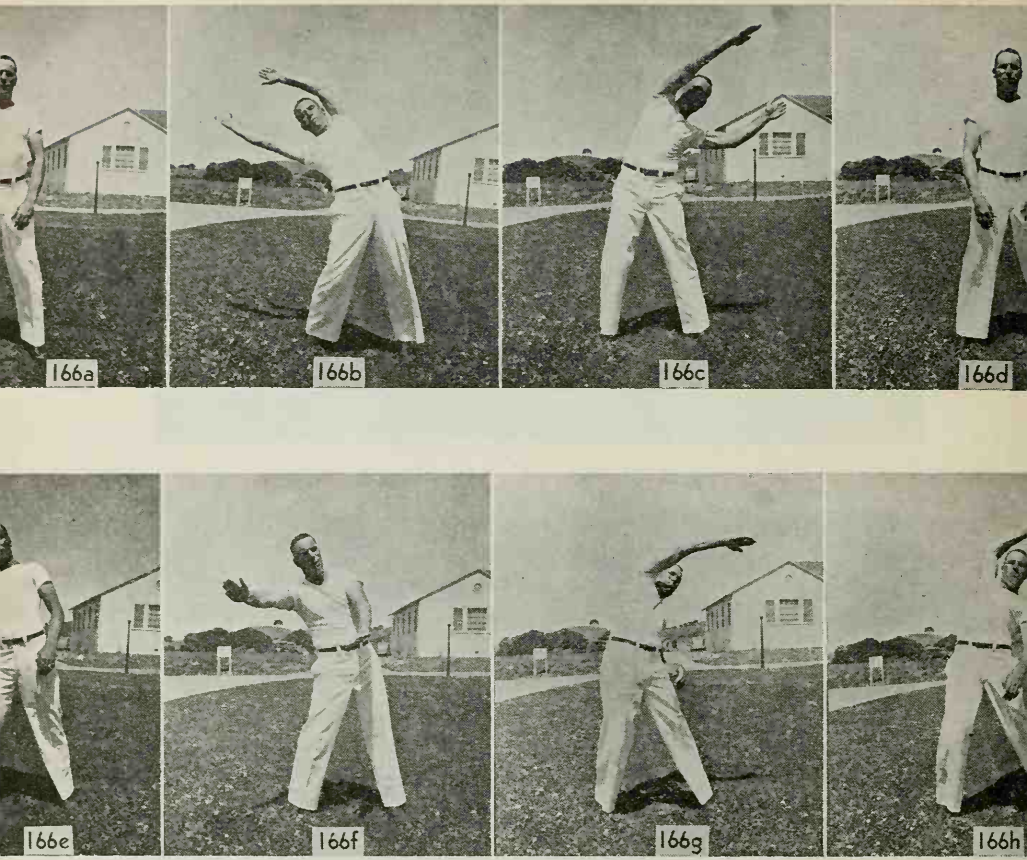


PLATE 166. *Loosening the shoulder joint.*

5. *Loosening up the Trunk*

(a) *The Horizontal Swing.*—The legs apart, feet parallel, toes forward but slightly in, knees slightly bent, upper part of body slightly bent forward with the back straight and head tilted backward slightly. Bend the left arm and place the forearm horizontally across the body. Close the hand as though you were grasping the handle of a scythe. The right arm is held sideward and is bent a little in the elbow joint. Turn the body and sweep the arms to the left in a motion similar to that used in swinging a scythe. Do not jerk. Be sure that the upper body really swings from the hips and that the movement does not just drop to a simple arm exercise. Swing back to the right. Repeat. Reverse and do the same movements on the opposite side.

(b) *The Diagonal Swing.*—Legs at straddle, upper body bent forward, left hand grasps an imaginary axe-handle behind the right hand; both hands are in front of the left knee. Swing the arms with a large swing diagonally, right, upward, high, bending the arms at the terminal position. The whole upper body takes part in this movement. By turning to the right, the weight is transferred to the right foot, the

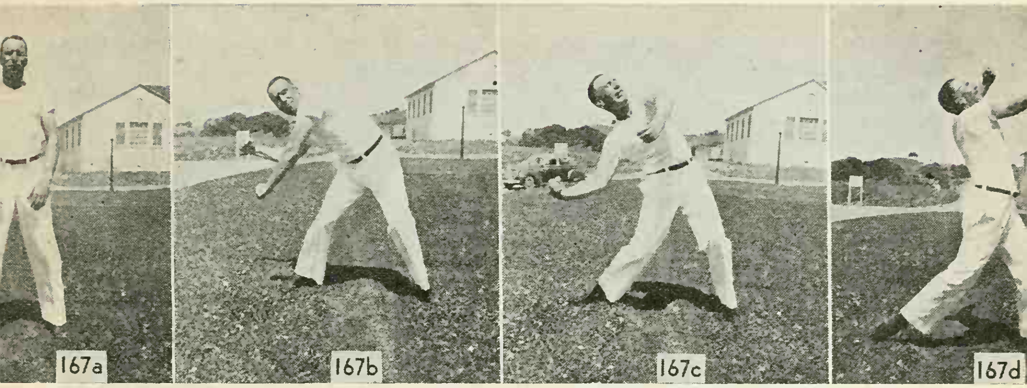

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Plate 167. *Loosening up the trunk (horizontal swing).*

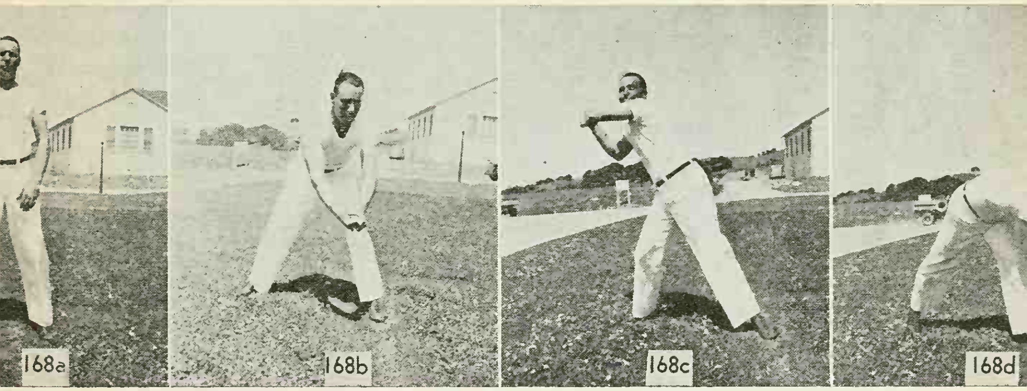
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Plate 168. *Loosening up the trunk (diagonal swing).*

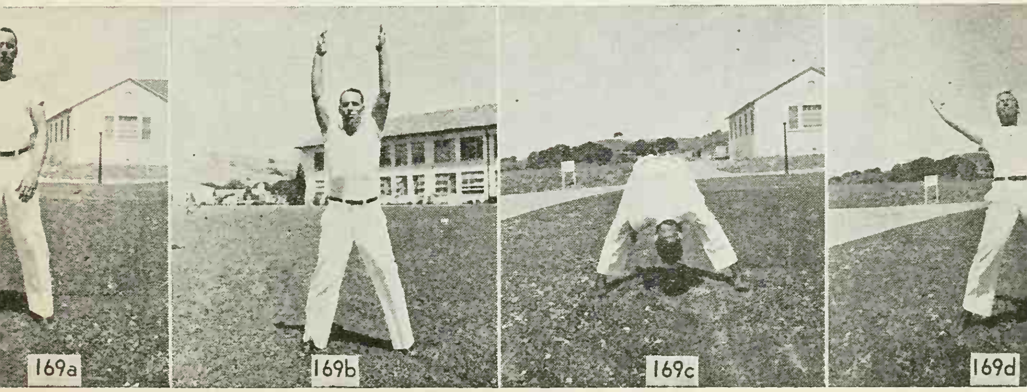
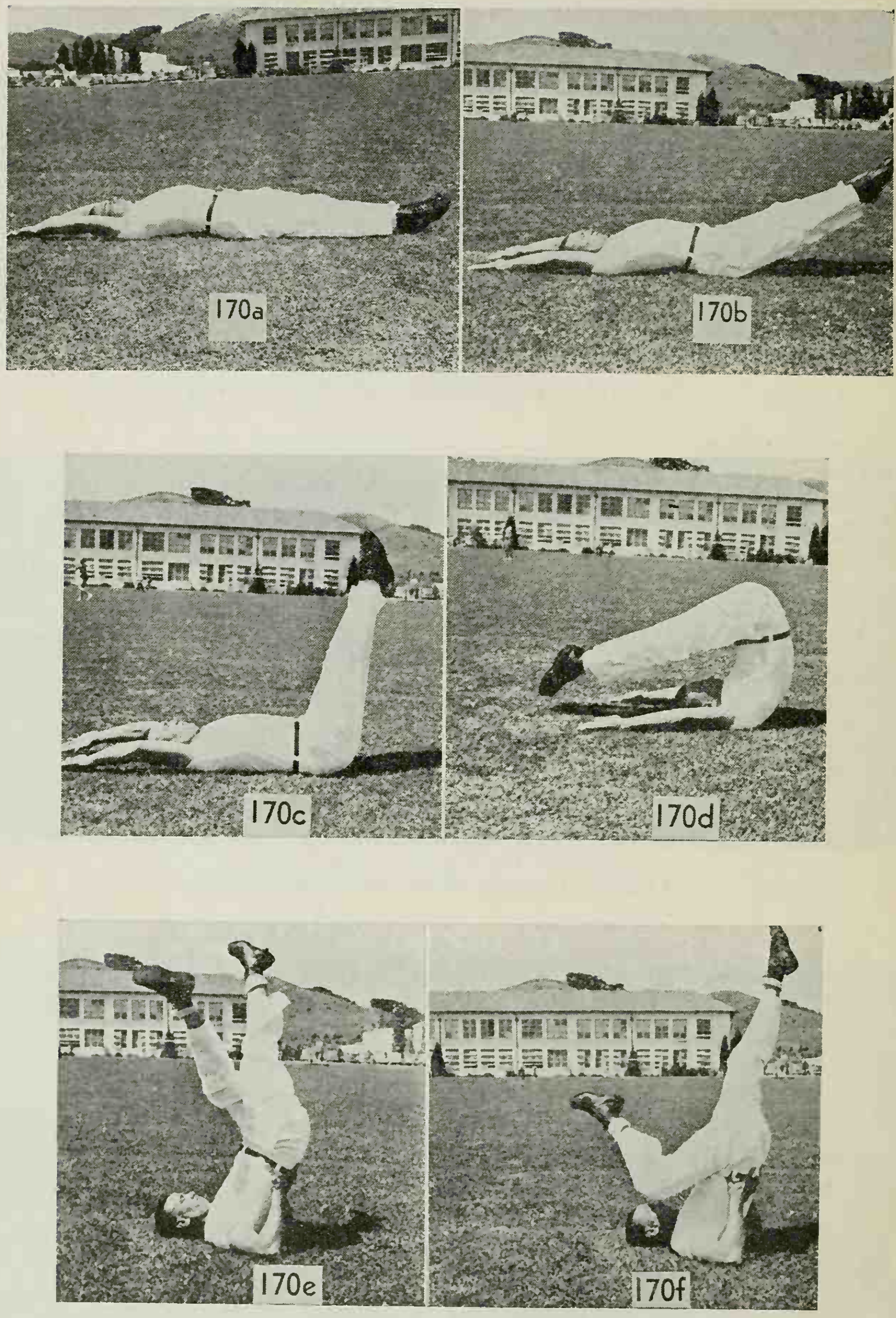

169a
169b
169c
169d

Plate 169. *Loosening up the trunk (vertical swing).*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170b
170c
170d
170e
170f

PLATE 170. *Trunk rolling up backward.*

right knee is bent, but the left leg is straight. Arms and upper body experience a thorough stretching at the finish of the upward movement. From this position, swing the arms downward diagonally to the left side, the upper body right in the swing, but the pivot point in the hips. Reverse the movement.

(c) *The Vertical Swing.*—Stand erect, legs at straddle, toes forward, slightly in. Raise both arms parallel overhead. Let knees bend slightly. Keep back straight. Let upper trunk fall forward swinging your arms between outstretched legs as though you were throwing through them. Swing trunk upward, bringing arms back overhead, stretching them to the outside. As movement is continued, there should be complete relaxation.

6. *Trunk Rolling Up Backward*

Shoulder Stand and Bicycle Exercise. Lie on back, legs closed, feet arched with toes pointed, arms extended shoulder width apart alongside of head, palms upwards. The closed and fully stretched legs are slowly raised upward until they are vertical. Continue the movement until the legs are lowered toward the head whereby hips, the loin and the thoracic region of the back are rolled up backward, resting only on the shoulders, and the toes touch the ground. Let legs return to starting position. Place hands under hips, swing legs to a vertical position, until only points resting on ground are elbows, shoulders, and neck. While in this position, scissor legs with the full movement at the hips. Bring legs back to vertical position and start, slowly, bicycle exercise, letting the actual weight of the leg swing it down until the knee is hitting the chest. After a few moments in this position, speed up the exercise until your climax is reached in the movement with a full speed sprint.

7. *Football Tumbling or Grass Drill*

Stand erect. At command "Down Front," throw yourself on the ground lightly on your stomach. At the command, "Left," squirm completely around on the ground to the position of lying on the left side. On the command, "Right," squirm around to the position of lying on the right side. On the command, "Up," jump up quickly and start running in place bringing the knees up high. On command, "Down Back," throw yourself lightly to the ground on your back and lie straight and still. At no time are the hands to assist in any of these movements.

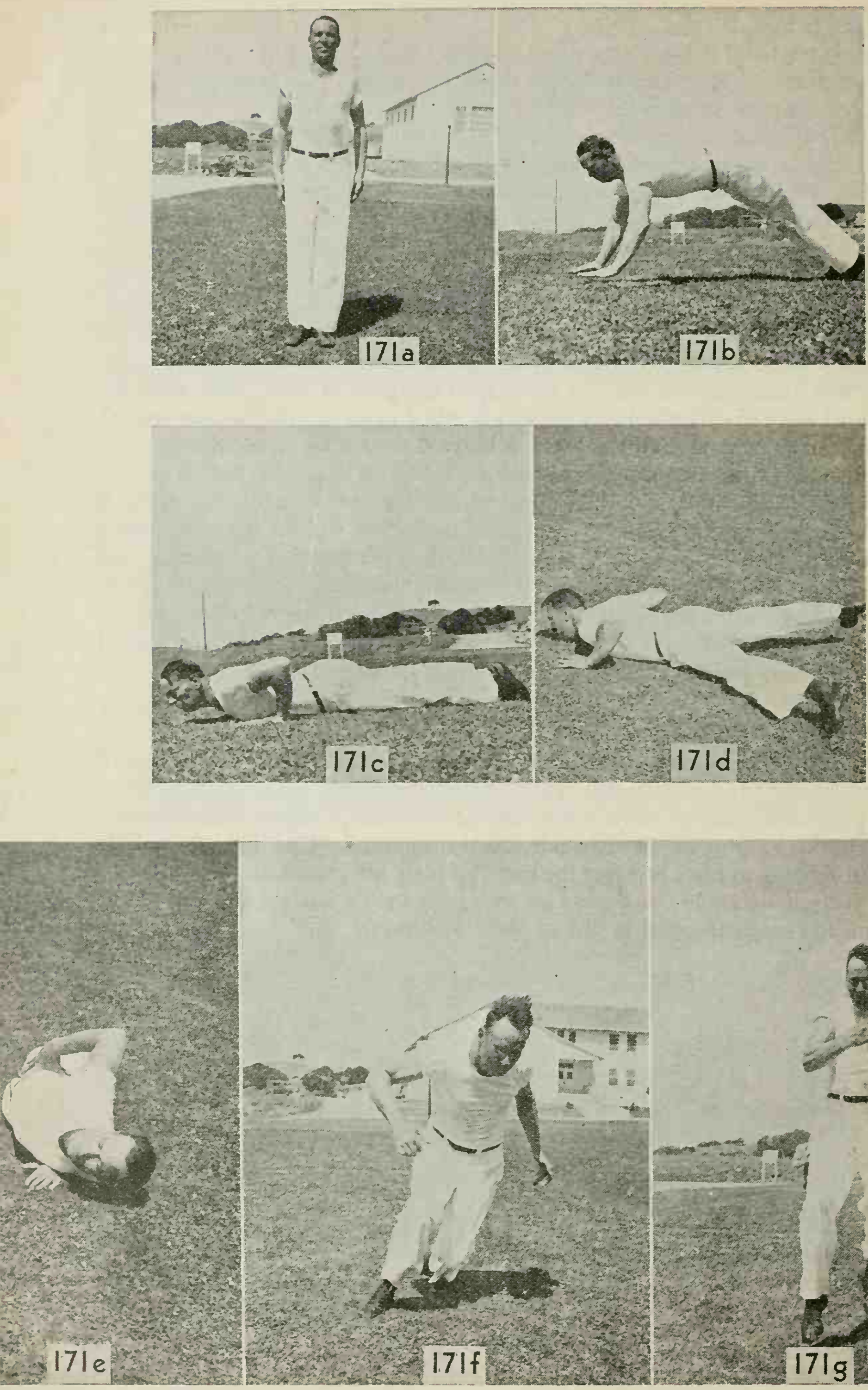

171a
171b
171c
171d
171e
171f
171g

Plate 171. *Football tumbling or grass drill.*

LESSON 1

Stance and Shoulder Blocking

	Time Allotment
Muster and Warm Up	5%
DRILL 1—*Stance*—See Chapter IV	45%

Line up cadets in one line as indicated in Diagram I with instructor facing cadets.

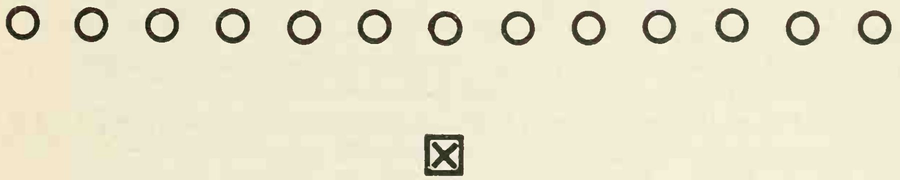


DIAGRAM I

Explain the stance. Have the group go through each step of the stance as the following points are emphasized:

a. Feet spread at least the width of the cadet's shoulders.
b. Toes pointed straight ahead, heels clear of the deck.
c. Hips slightly lower than shoulders.
d. Back straight, shoulders square.
e. Head up, eyes off the deck.
f. One hand touching the deck directly in front of or slightly to the inside of one knee while the other forearm rests on the other knee. Suggested execution of stance: Feet apart, raise heels clear of the deck, settle down into crouch position. Keep weight equally distributed on the balls of both feet and rock forward placing one hand on the ground and raising hips to a position slightly lower than the shoulders.

Stance Corrections.—Line cadets up as indicated in Diagram II.

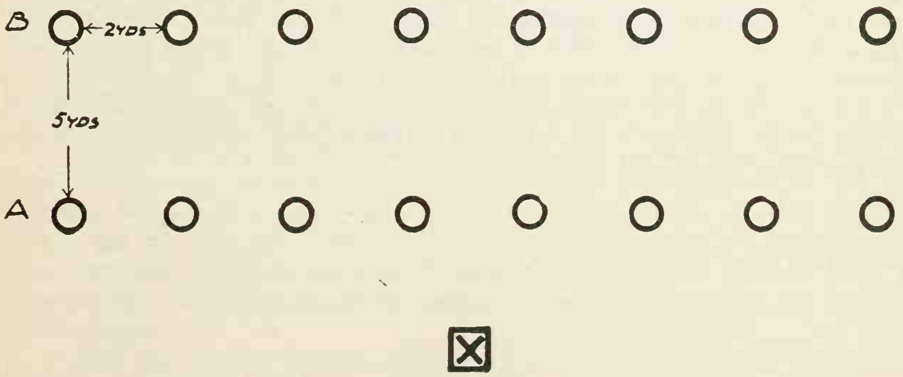


DIAGRAM II

Rank "A" assumes stance. Instructor emphasizes point (e) of *Stance*. Rank "A" on command charges for three or four yards and lines up behind the instructor facing Rank "B." Rank "B" steps forward and follows the same procedure. Repeat this charging drill until each point in the *Stance* has been emphasized.

DRILL 2—*Shoulder Blocking*—See Chapter V 50%

Line up cadets as indicated in Diagram II for *One on One* blocking. Increase the interval between cadets to three yards. Procedure for the right shoulder block is as follows:

a. Defensive man advances right leg and stands fast. The offensive man goes through the following steps:
   1. Assume stance
   2. Take a short right foot step toward the defensive man's right leg.
   3. Place right shoulder against the defensive man's right knee.
   4. Charge the defensive man back a distance of three or four yards.

b. Commands of execution should follow in this order:
   1. Ready—Set—Charge

The offensive and defensive men should be slightly offset to each other's right. The defensive man when being blocked should retreat with resistance by stepping backwards with a shuffling movement. This drill may also be conducted by having the defensive men hold blocking dummies. The left shoulder block should be performed in the opposite manner by both the offense and defense.

Stress the following blocking fundamentals:

a. Feet staggered and spread at least the width of individual's shoulders.
b. Toes straight ahead, knees parallel.
c. Hips slightly lower than the shoulders.
d. Back straight, shoulders square.
e. Head up and turned into opponent, eyes open and on the target.

One file should execute two right and two left shoulder blocks before changing to defense.

Blocking with Neutral Zone Established. The procedure followed in the *One on One* drill will be repeated in this drill with the following exceptions: a distance of approximately two yards should exist between the feet of the offensive and defensive men; the moves of the offensive and defensive men should be made in one continuous sequence of movements; the defensive man should use his arms and hands in playing the offensive man who makes his offensive charge from a crouch position. The blocking fundamentals stressed in the *One on One* blocking drill should be re-emphasized. One Rank should execute three right and three left shoulder blocks before changing to the defense. The commands of execution should follow in this order: Ready—Set—Charge.

LESSON 2

Defensive Charge, Blocking and Tackling

	Time Allotment
Muster and Warm Up	5%
DRILL 1—*The Forearm and Shoulder Charge*—See Chapter VII	25%

Call cadets together for instructions. Form group as indicated in Diagram II. This charge is made from the same fundamental stance and with the same fundamental movements as used in the offensive shoulder block combined with the following additional movements:

a. Step with the right foot driving the right forearm and shoulder under opponent's right shoulder with an upward lift.
b. Contact with the offensive man should be made with the entire arm and shoulder of the defensive man.
c. Use the upper arm as a lever in turning the head of the offensive man.
d. Use the free hand on the offensive man's hip or side.

The commands of execution are: Ready—Set—Charge.

During this drill the fundamentals of the offensive stance and of shoulder blocking should be stressed.

DRILL 2—*Two on One Blocking*—See Chapter VII 35%

Call cadets together for instructions. Form group as indicated in Diagram III.

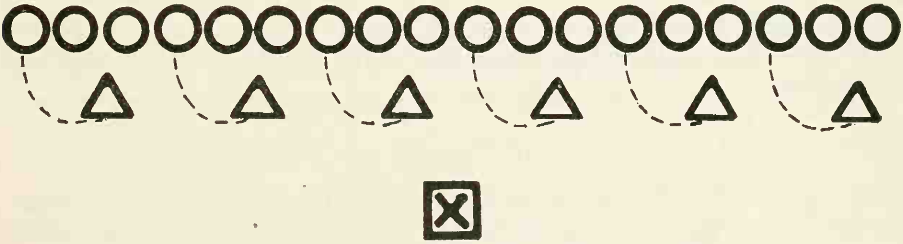


DIAGRAM III

This formation should be arranged from the one indicated in Diagram I by having the cadets count off by three's. Number "Ones" step out in front of and face the "Twos" and "Threes" to their left.

Each grouping of two offensive men should execute four blocks before changing positions. The instructor should face the offensive men and indicate by hand signal the direction in which the blockers should move the defensive man. When driving the defensive man straight back, both offensive men take a step with the inboard leg first. When driving the defensive man to their left, both offensive men step with their right legs first. When driving the defensive man to their right, both offensive men step with their left legs first. Other fundamentals of the shoulder block as emphasized in LESSON 1 should be stressed. Commands of execution are: Ready—Set—Charge.

During this drill the defensive man should work on the defensive charge mentioned in LESSON 2, DRILL 1.

DRILL 3—*Head On Tackling*—See Chapter VI 20%

Call cadets together for instructions. Form group as indicated in Diagram IV. Be certain that the tacklers and runners are not over four yards apart in this formation.

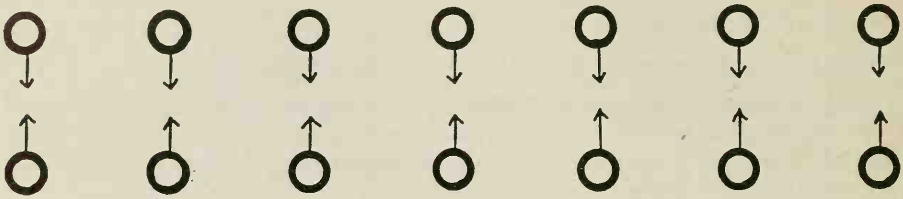


DIAGRAM IV

The runners imitating ball carriers should run straight forward and when tackled, should avoid landing on their backs by turning their bodies slightly to the side as they are falling to the ground. Stress the following points:

a. Focus the eyes on the runner's groin. Aim shoulder at the groin and dip by bending knees on final step before contact.

b. As contact is made, snap arms together to collapse the runner's legs.

Commands of execution are: Ready—Set—Charge.

DRILL 4—*Side Tackling*—See Chapter VI 15%

Cadets are formed as indicated in Diagram IV. The tacklers should offset themselves approximately one yard to the right or to the left. The runners should run straight ahead. The tacklers execute this tackle using the same technique as indicated in Chapter VI on *Tackling*. Side tackling may also be taught by using standing blocking dummies.

LESSON 3

Passing, Team Organization, and Play Development

	Time Allotment
Muster and Warm Up	5%
DRILL 1—*Passing*—See Chapter XI	25%

Line up cadets as indicated in Diagram V.

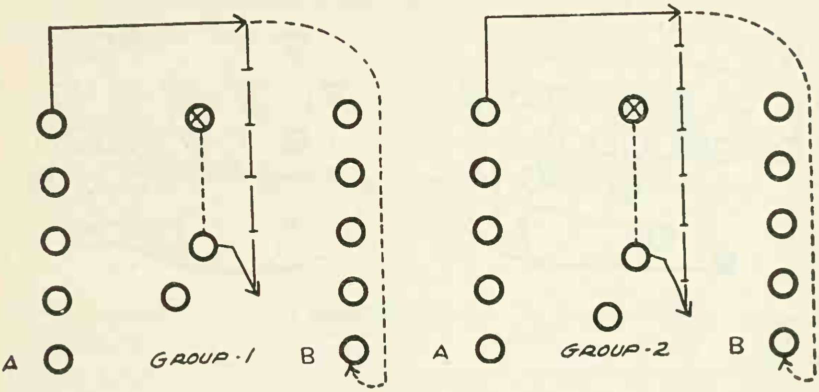


DIAGRAM V

Cadets from Line "A" go down five yards and cut sharply across to receive a short pass. The receiver returns the ball to the center and then lines up in Line "B." Cadets in Line "B" alternate going down with those in Line "A."

DRILL 2—*Team Organization*—See Chapter XIII 20%

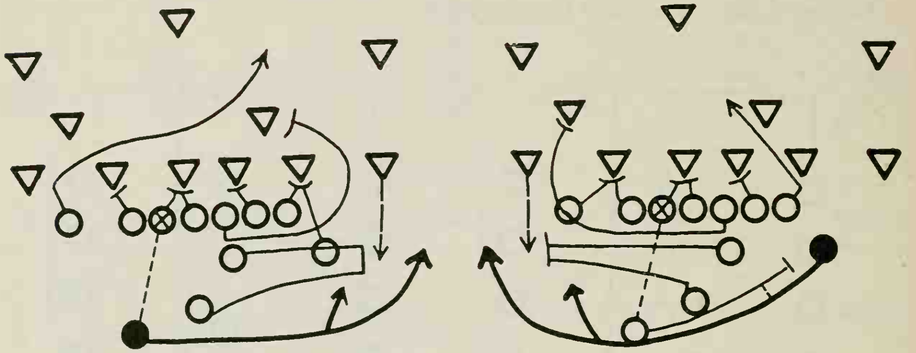
Each instructor should select the personnel for each position on the team using whatever method he desires. As the football drills and lessons progress, it may be necessary to change the personnel around to improve the quality of the team as a unit. Substitutes should be used as much as possible as competition for all is the purpose of the football program.

During this team organization period, the instructor should explain the game of football *briefly,* but explicitly. The following points should be covered:

a. The line of scrimmage and the number of men required to be on the line of scrimmage while on offense or defense.
b. Which men, offense or defense, can use their hands and arms.
c. Identify the men on the line and in the backfield of both the offense and defense, and in a general way cover their responsibilities.
d. Explain the number of yards to be made in a series of downs.
e. Explain legal and illegal blocking, clipping in particular.
f. Cover any other phase of football which you as the instructor feel will make the game better understood by the cadets under your charge, keeping in mind that some cadets have not even seen a game of football.

DRILL 3—*Play Development*—See Chapters XII, XIII 50%

Give each team the following two plays as shown in Diagram VI. Run these plays first in slow motion to be certain that each player understands his assignment; then run the plays under dummy scrimmage conditions. If time permits and the players are executing their assignments well enough, the instructor may allow the team to run these plays full speed.



END RUN
1. INSIDE
2. OUTSIDE

REVERSE
1. INSIDE
2. OUTSIDE

DIAGRAM VI

The end run and the reverse play are optional plays, but the quarterback must call the play as *end run inside* or *end run outside,* or *reverse play inside* or *reverse play outside.* The only change of execution on either play is that if the play goes *inside,* the quarterback applies the blocking pressure on the end to drive the end out; and if the play is called *outside,* the fullback applies the blocking pressure on the end to drive the end in.

The starting signal is a 1-2-3-4-5 series of numbers called in an even cadence. The method of calling the snap signal is the regular military marching cadence.

The single wing formation to be used is indicated in Diagram VII. No variation in the defense should be permitted.

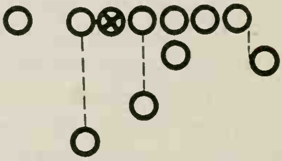


DIAGRAM VII

LESSON 4

Pulling Out and Downfield Blocking, and Play Development

	Time Allotment
Muster and Warm Up	5%
DRILL 1—*Pulling Out and Downfield Blocking*—See Chapter VII	45%

Call cadets together for instructions. From the formation shown in Diagram I, have the group count off by two's, then have the "One's" and "Two's" line up as indicated in Diagram VIII.

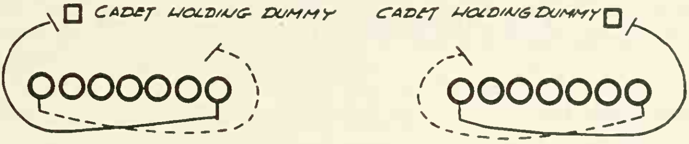


DIAGRAM VIII

Method of execution: The first Number One man at the inboard end uses a left step-out, runs behind the other Number One men, cuts downfield toward the dummy and executes a right shoulder block. The dummy is held by Number One man with his right leg braced against the dummy. The cadet holding the dummy after the block has been made runs to the outboard end of the Number One line. The Number One men move along the line from the outboard to the inboard as the man at the inboard end pulls out. The cadet who executes the block then holds the dummy for the next blocker and then he takes his place at the end of the line. The Number Two men follow the same procedure using a right step-out and block with the left shoulder. Commands of execution are: Ready—Set—Charge.

After each cadet has run and blocked once in one direction, the dummies are moved opposite the inboard man at the end of each rank, and the same procedure is repeated, thus giving the cadets the practice of pulling out both ways and blocking downfield with both left and right shoulders.

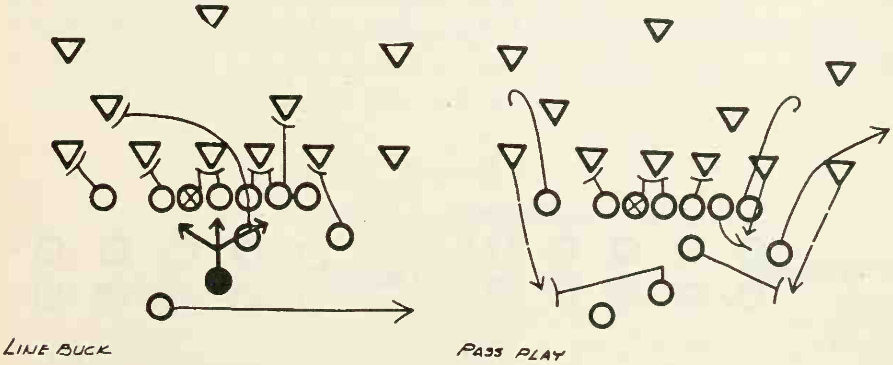


DIAGRAM IX

Drill 2—*Play Development*—See Chapters XI, XII, XIII 50%

Add the line buck and pass play as shown in Diagram IX. The line buck is an optional play for the fullback only. He may hit any one of the points of attack indicated in the Diagram IX. The pass play shown in Diagram IX is a basic play and variations from it are permissible only as they affect one receiver.

Polishing plays. After all plays have been run in slow motion, dummy scrimmage and full speed, the team should operate the entire offensive attack starting the team from the huddle.

LESSON 5

Play Development and Tandem Blocking

Time Allotment

Muster and Warm Up 5%

Drill 1—*Play Development*—See Chapters XII, XIII 50%

After all assigned plays have been run at half speed, run plays at full speed with defensive team holding blocking dummies. The offensive team should get their play signal in the huddle, break fast up to the line of scrimmage into formation position and get the play off as quickly as possible. The instructor should pay careful attention to stance and blocking position.

Drill 2—*Tandem Blocking—Double team blocking*—See Chapter VII 45%

Call cadets together for instructions. Line the cadets up as indicated in Diagram X. Have one man from each group hold the dummies for one round. Alternate this procedure throughout the drill. With the group facing the bags have them do a right or left face so that when they turn and go to block, one man will hit with his right shoulder and the other with the left shoulder. Have the cadets alternate between the lines A and B so they will get practice blocking with both the right and left shoulder. The commands of execution are: Ready—Set—Charge.

After approximately 50% of the time has been consumed with the cadets blocking in one direction have the groups do an about face so that those who have been blocking with their right shoulder will now block with their left shoulder and vice versa.

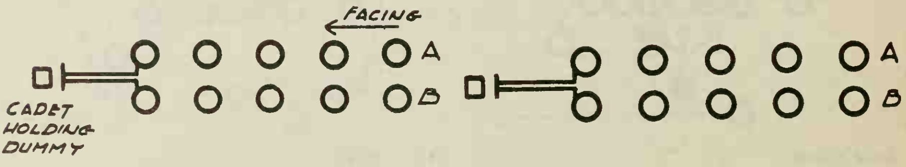


Diagram X

LESSON 6

Blocking, Defensive Charging and Polishing Plays

Time Allotment

Muster and Warm Up 5%

Drill 1—*Blocking*—See Chapter V 25%

A review of offensive blocking, with and without dummies. Call group together for instructions. The procedure and execution is the same as in Lesson 2, Drill 2.

Drill 2—*Defensive Charging*—See Chapter VII 20%

A review of defensive charging, with or without dummies. Call group together for instructions. The procedure and execution is the same as in Lesson 2, Drill 1. The instructor should make pertinent remarks regarding both offensive and defensive charging during these two drills.

Drill 3—*Polishing Plays*—See Chapters XI, XII 50%

Review of all plays. During this period check all assignments, stance, blocking fundamentals and the work of those on defense.

LESSON 7

Tackling, Punt Drill and Polishing Plays

Time Allotment

Muster and Warm Up 5%

Drill 1—*Tackling*—See Chapter VI 25%

A review of tackling. Call group together for instructions. The formation, procedure, execution, and method of rotation is the same as in Lesson 2, Drills 3 and 4.

Drill 2—*Punt Protection and Coverage*—See Chapter X 20%

Add the kick from long punt formation. Use solid wall blocking in the line and pivot blocking in the backfield.

Drill 3—*Polishing Plays*—See Chapters XI, XII 50%

Review offensive plays giving careful attention to stance, position of players in formation position, execution of fundamentals and running. Insist upon the cadets hustling to get the play off and upon running hard.

LESSON 8

Game Preparation and Intra-Platoon Scrimmage

Time Allotment

Muster and Warm Up 5%

Drill 1—Game
First half scrimmage 40%

Rest period	15%
Second half scrimmage	40%

Instructors should be sure to have all equipment on the fields at least five minutes before the scrimmage. The following items should be on hand. Corner flags, down marker, yard sticks, colored shirts, whistles, horns and balls.

The officials should caution all cadets on both squads about clipping and piling on. He should advise all cadets to play their hardest as the men who loaf are the ones who are injured.

LESSON 9

General Review

	Time Allotment
Muster and Warm Up	5%
Drill 1—General Review	95%

This entire period should be spent in reviewing offensive and defensive fundamentals and plays. The instructor should make corrections on errors in execution which happened during the previous days' scrimmage.

LESSON 10

Inter-Platoon Game

	Time Allotment
Muster and Warm Up	5%
Drill 1—Game	
First half scrimmage	45%
Rest period (if necessary)	5%
Second half scrimmage	45%

The inter-platoon game should be played as follows:

The two winning teams of the intra-platoon scrimmage play each other and the two losing teams of the intra-platoon scrimmage play each other. Thus the final game involves two teams from different battalions fighting it out for the championship.

SQUADRON FOOTBALL

The squadron football program which is under the supervision of the Sports Program Department runs from September first to December first. The names of the various teams representing the six battalions are as follows: Vindicators, Kingfishers, Buffaloes, Devastators, Helldivers, Coronados, Catalinas, Wildcats, Skyrockets, Buccaneers, Mariners and Mustangs.

A squad of thirty-three cadets is selected from cadet interest cards to represent the squadron teams. The squad is made up as follows: Eleven cadets are chosen from each platoon of the entire regiment and as the regiment is composed of six battalions, twelve companies and thirty-six platoons, a total of three hundred and ninety-six men participate in squadron football. An example of this composition is as follows:

The regiment is composed of six battalions, the battalions are composed of two companies each, and each company is made up of three platoons, thus at all times there are three even numbered battalions and three odd numbered battalions. Each even numbered battalion and each odd numbered battalion is represented by two squadron football teams. The two squadron teams of each battalion are composed of eleven men each, chosen from each platoon of each company of each battalion, thus a squad of thirty-three men represent each of the two companies of each battalion.

REGIMENT

Battalion 1-7-13-19 25-31-37-43		Battalion 2-8-14-20 26-32-38-44		Battalion 3-9-15-21 27-33-39-45	
Co. A *Plat.* 1 2 3	*Co. B* *Plat.* 1 2 3	*Co. C* *Plat.* 1 2 3	*Co. D* *Plat.* 1 2 3	*Co. E* *Plat.* 1 2 3	*Co. F* *Plat.* 1 2 3
Battalion 4-10-16-22 28-34-40-46		Battalion 5-11-17-23 29-35-41-47		Battalion 6-12-18-24 30-36-42-48	
Co. G *Plat.* 1 2 3	*Co. H* *Plat.* 1 2 3	*Co. I* *Plat.* 1 2 3	*Co. J* *Plat.* 1 2 3	*Co. K* *Plat.* 1 2 3	*Co. L* *Plat.* 1 2 3

Make-Up of Squadron

Vindicator Squadron consists of first platoon of Companies A, E, and I.
Catalina Squadron consists of first platoon of Companies C, G, and K.
Kingfisher Squadron consist of second platoon of Companies A, E, and I.
Wildcat Squadron consists of second platoon of Companies C, G, and K.
Buffalo Squadron consists of third platoon of Companies A, E, and I.
Skyrocket Squadron consists of third platoon of Companies C, G, and K.
Devastator Squadron consists of first platoon of Companies B, F, and J.

Buccaneer Squadron consists of first platoon of Companies D, H, and L.
Helldiver Squadron consists of second platoon of Companies B, F, and S.
Mariner Squadron consists of second platoon of Companies D, H, and L.
Coronado Squadron consists of third platoon of Companies B, F, and S.
Mustang Squadron consists of third platoon of Companies D, H, and L.

At least one coach should be appointed to each football squad. It should be kept in mind that simplicity of offense and defense is of the utmost importance due to the lack of experience of squad personnel and because of the rapid rate of turnover due to graduation. Cadet graduation from Pre-Flight School affects approximately one-third of the entire squad every two weeks, therefore it should be kept in mind that eleven new men must be worked into the program every two weeks. It would be well to have two coaches to a squadron if such help is available, thus one coach could devote a period of five or six days to teaching new squad members.

The first two and a half weeks of the squadron football season should be devoted to teaching fundamentals and giving a few simple plays. The drills used in the program are the same as those used for Class Instructional Football. Each squadron team plays one game per week, thus making an eleven game schedule for each team.

Due to the number of fields required to carry on a program for twelve football teams it is necessary to arrange a weekly schedule concerning practice as well as games thus affording each squadron the opportunity to practice on good fields and have the use of various types of field equipment. A sample weekly schedule is shown below:

WEEKLY SCHEDULE
SQUADRON FOOTBALL

SQUADRONS	MON.	TUE.	WED.	THU.	FRI.
Vindicators	1	P	3	2	P
Kingfishers	1	P	3	1	P
Buffaloes	2	P	P	3	P
Devastators	2	P	P	P	1
Helldivers	3	P	1	P	2
Coronados	3	P	1	P	3
Catalinas	P	1	P	P	3
Wildcats	P	1	P	P	2
Skyrockets	P	2	P	P	1
Buccaneers	P	2	P	3	P
Mariners	P	3	2	1	P
Mustangs	P	3	2	2	P

(NOTE: P is Practice Area.)

Practice:	Monday, Tuesday and Wednesday	
Games:	Thursday and Friday	*Official*
Thursday:	Vindicator vs. Mustang	Brown
	Kingfisher vs. Mariner	Jones
	Buffalo vs. Buccaneer	Smith
Friday:	Devastator vs. Skyrocket	Smith
	Helldiver vs. Wildcat	Brown
	Coronado vs. Catalina	Jones

Governing Rules

Squadron football games are operated under National Intercollegiate Football Rules with two exceptions. First, every man is required to play twenty minutes in a game. The second exception is the length of game time. Running time is used in the playing of a one hour game with the further exception of the last five minutes of each game being regularly timed so as to prohibit stalling.

One team should be arbitrarily chosen as the home team and this team should be responsible for the following items before, during and after the game:

1. Game equipment such as timers, balls, corner flags, down box and chain
2. Score sheets.
3. Securing of equipment after the game.

A FOOTBALL PRACTICE SCHEDULE FOR STATION COMPETITION

This schedule is included to aid the coach who may have charge of training a team to represent a pre-flight school or station.

A football work schedule for the first seven weeks of practice, including the first two games is given. Thereafter daily practice patterns may be followed in most respects for the remainder of the season.

Warm-Up and Running Drills are not included because these activities are integral parts of the cadets' daily program.

First Week

First Day

1230-1305 Chalk Talk
1600 Linemen: Work on Stance, Offensive Charge and Pulling Out
Backs and Ends: Work on Stance, Passing Drill
1630 Signal Drill
1700 Guards, Tackles and Ends: Charging on Dummies
Centers and Backs: Pass Defense
1730 Signal Drill
1800 Dismissed

Second Day

1230-1305 Chalk Talk
1600 Entire Squad Down under Punts; No Safety Men, Follow Ball All the Way Out
1615 Signal Drill
1645 Linemen: Tackling
Backs and Ends: Blocking
1715 Signal Drill
1800 Dismissed

Third Day

1230-1305 Chalk Talk
1600 Centers: Pass to Punters; Safety Men Catching Punts
Other Backs: Practice Dodging
Linemen and Ends: Blocking
1620 Blocking Drill for Entire Squad Using Dummies
1640 Signal Drill
1730 Dismissed

Fourth Day

1230-1305 Chalk Talk
1600 Centers, Guards and Ends: Cover Kicks
Tackles: Charge on Defense
Backs: Work on Blocking Men Coming Down
1620 Pass Defense and Offense for Entire Squad
1650 Dummy Kicking Scrimmage
1705 Dummy Offense
1730 Signal Drill
1800 Dismissed

Fifth Day

1230-1305 Chalk Talk
1600 Tackling and Blocking Drill
1630 Kick-Off Work
1645 Dummy Forward Pass Scrimmage
1700 Dummy Scrimmage
1730 Signal Drill
1800 Dismissed

Second Week

First Day

1230-1305 Chalk Talk
1600 Centers: Pass and Block
Guards and Tackles: Block, Pull Out and Chug Through
Ends: Block
Backs: In Backfield Set-Up Drill, Ball Handling, Spinning and Starting
1615 Blocking for Ball Carrier
Ends and Tackles: On Defense
Centers: Passing
Guards: Pulling Out and Blocking—Switch Linemen Around in This Drill
1630 Kicking Drill for Entire Squad with Backs Blocking
1645 Dummy Defense
1700 Punting and Passing Scrimmage
1730 Signal Drill
1800 Dismissed

Second Day

1230-1305 Chalk Talk
1600 Kick-Off Work

1630 Punt and Pass Scrimmage—Do Not Tackle
1700 Signal Drill—Review Old Plays and Work on New
1745 Dismissed

Third Day

1230-1305 Chalk Talk
1600 Signal Drill
1630 Scrimmage Against Defensive Line—No Secondary
1645 Work on Defense—Line Dummy Secondary Tackling
1700 Live Tackling Drill
1715 Full Dummy Scrimmage
1745 Signal Drill
1800 Dismissed

Fourth Day

1230-1305 Chalk Talk
1600 Backs and Centers: Pass Defense
Line: Review Blocking and Pulling Out
Ends: Review Blocking
1630 Blocking and Tackling Drill for Entire Squad
1700 Linemen: Work on Pass Protection
Ends: Defense and Blocking
Backs: Ball Handling and Timing in Set-Up Drill
1730 Signal Drill
1800 Dismissed

Fifth Day

1230-1305 Chalk Talk
1600 Centers: Pass and Block into Secondary
Guards and Tackles: Pulling Out and Blocking
Ends: Passing Drill
Backs: Set-Up Drill for Ball Handling and Blocking Dummies
1630 Team Unit Work—Block for Place Kick
1645 Signal Drill
1715 Defensive Scrimmage for Line Only
1745 Forward Pass Scrimmage
1800 Dismissed

Third Week

First Day

1230-1305 Chalk Talk
1600 Entire Squad Down under Kicks
1615 Pass Offense—with Line Rushing—Concentrate on Protection
1645 Linemen: Block Dummies
Backs: Footwork and Dodging
1700 Centers and Backs: Pass Defense
Offensive and Defensive Work for Linemen
1730 Signal Drill
1800 Dismissed

Second Day
1230-1305 Chalk Talk
1600 Signal Drill
1630 Scrimmage
1645 Pass Offense—with Line Rushing—concentrate on Protection
1715 Defensive Work for Line Only
1745 Signal Drill
1800 Dismissed

Third Day
1230-1305 Chalk Talk
1600 Team Unit Work on Goal Kicking
1615 Dummy Punt Scrimmage
1630 Forward Passing with Line Rushing
1700 Kick-Off Work
1730 Signal Drill
1800 Dismissed

Fourth Day
1230-1305 Chalk Talk
1600 Scrimmage
1700 Work on Weaknesses Developed in Scrimmage
1730 Dismissed

Fifth Day
1230-1305 Chalk Talk
1600 Backs and Centers: Pass Defense
Linemen: Offense and Defense Drills
1645 Work on Kick-Off
1700 Centers: Pass and Block into Secondary
Guards and Tackles: Pull Out and Block
Ends: Blocking
Backs: Set-Up Drill Blocking Dummies
1730 Dummy Scrimmage
1800 Dismissed

Fourth Week

First Day
1230-1305 Chalk Talk
1600 Dummy Defense
1630 Pass Offense Scrimmage
1645 Punting Scrimmage
1700 Passing and Punting Scrimmage
1730 Signal Drill
1800 Dismissed

Second Day
1230-1305 Chalk Talk

1600 Linemen: Tackling
Backs: Blocking
1615 Backs: Tackling
Linemen: Blocking
1630 Centers and Backs: Pass Defense
Linemen: Work on Blocking Details
1700 Team Unit Work on Kicking Goals
1715 Signal Drill
1730 Dismissed

Third Day

1230-1305 Chalk Talk
1600 Signal Drill
1630 Dummy Scrimmage
1645 Scrimmage—Line on Defense Only
1715 Full Scrimmage
1800 Dismissed

Fourth Day

1230-1305 Chalk Talk
1600 Centers and Backs: Pass Defense
Linemen: Work on Defensive Details
1630 Linemen and Ends: Cover Kicks
Backs: Set-Up Drill for Starting
1645 Dummy Defense
1715 Review Kicking Game
1745 Dismissed

Fifth Day

1230-1305 Chalk Talk
1600 Team Drill on Kicking Goals
1615 Pass Offense
1645 Signal Drill
1700 Dummy Offense
1715 Scrimmage
1800 Dismissed

Fifth Week

First Day

1230-1305 Chalk Talk
1600 Pass Offense—Start Scrubs on Plays of First Opponent
Linemen: Review Blocking
1645 Signal Drill
1730 Dismissed

Second Day

1230-1305 Chalk Talk
1600 Centers and Backs: Pass Defense
Linemen: Review Offensive and Defensive Details

1630 Blocking and Tackling Drill for Entire Squad
1645 Linemen: Review Blocking Assignments
Backs: Coordinate and Block Dummies in Set-Up Drill—Work Fast Starting
1700 Pass Offense
1730 Dummy Offense
1800 Dismissed

Third Day

1230-1305 Chalk Talk
1600 Entire Squad Down Under Kicks
1615 Work on Forward Passes with Line Rushing—Concentrate on Protection
1645 Linemen: Block Dummies
Backs: Work on Footwork and Dodging
1700 Centers and Backs: Pass Defense
Linemen: Work on Offensive and Defensive Details
1730 Signal Drill
1800 Dismissed

Fourth Day

1230-1305 Chalk Talk
1600 Blocking and Tackling for Entire Squad
1630 Centers and Backs: Pass Defense
Linemen: Check Details
1700 Scrimmage
1745 Dismissed

Fifth Day

1230-1305 Chalk Talk
1600 Dummy Defense Against Plays of First Opponent
1630 Passing Scrimmage—No Tackling
1645 Punting Scrimmage—No Tackling
1700 Combine Punting and Passing Scrimmage with Tackling
1715 Signal Drill
1730 Scrimmage
1800 Dismissed

Sixth Week

First Day

1230-1305 Chalk Talk
1600 Signal Drill
1615 Dummy Scrimmage
1630 Scrimmage—Line on Defense Only Against Plays of Opponent
1700 Full Scrimmage
1745 Dismissed

Second Day

1230-1305 Chalk Talk
1600 Team Unit Work on Kicking Field Goals

1615 Dummy Pass Offense
1645 Signal Drill
1700 Dummy Offense
1730 Scrimmage
1800 Dismissed

Third Day
1230-1305 Chalk Talk
1600 Backs and Centers: Pass Defense
Linemen: Check Offensive and Defensive Details
1630 Half Speed Live Tackling
1645 Linemen: Work on Play Assignments
Backs: Set-Up Drill for Coordination, Ball Handling, Fast Starting
1715 Pass Offense
1730 Dummy Offense
1800 Dismissed

Fourth Day
1230-1305 Chalk Talk
1600 Backs and Centers: Pass Defense
Linemen: Check Defensive Details
1630 Pass Offense
1645 Dummy Offense
1715 Dummy Defense
1745 Signal Drill
1800 Dismissed

Fifth Day
1600 Review Punt Blocking Stunts, Kick Field Goals, Review Punting Game
1630 Kick-Off Work
1645 Signal Drill
1700 Dismissed
Dinner—Chalk Talk—Movies

Sixth Day—GAME DAY
Talks to Individuals or to Groups in the Morning

Seventh Week

First Day
1230-1305 Chalk Talk
1600 Critique
1630 Signal Drill. Thirty Minute Scrimmage for Those Who Did Not Play in Saturday's Game.
1700 Defensive Set-Up Against Next Opponent.
1715 Work on Outstanding Weaknesses
1730 Dismissed

Second Day
1230-1305 Chalk Talk
1600 Signal Drill. Thirty Minute Scrimmage for Those Who Need It.

1630 Backs and Centers: Pass Defense
Linemen: Work on Details
1700 Work on Weaknesses
1730 Pass Offense
1800 Dismissed

Third Day
1230-1305 Chalk Talk
1600 Blocking and Tackling Drill for Entire Squad
1615 Backs and Centers: Pass Defense
Linemen: Work on Details
1700 Work on Weaknesses
1730 Dummy Scrimmage and Fast Signal Drill
1800 Dismissed

Fourth Day
1230-1305 Chalk Talk
1600 Work on Weaknesses
1630 Team Unit Work on Kick-Off and Punting
1700 Dummy Defense
1730 Dummy Offense
1800 Dismissed

Fifth Day
1600 Check Defense
1615 Check Kick-Off
1630 Check Defense
1645 Signal Drill
1700 Dismissed
Dinner—Chalk Talk—Movies

Sixth Day—GAME DAY
Talks to Individuals or to Groups in the Morning

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